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Lakes, Bay & Region • March 24 2018



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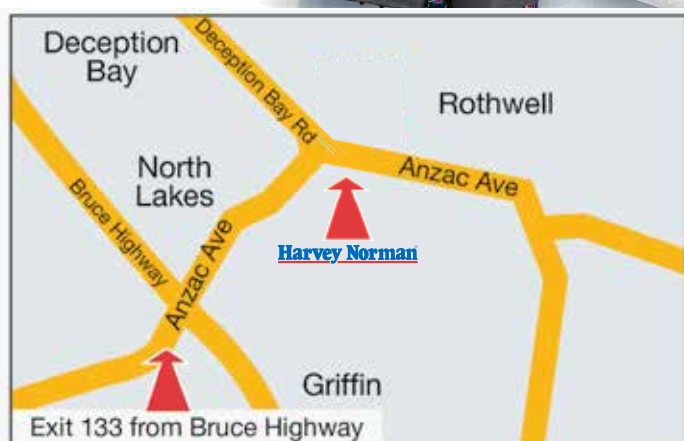
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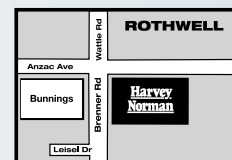
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# WHAT DO YOU USUALLY DO FOR EARTH HOUR?

Here's something different



## HOTA's Concert for the Planet, a moment in musical time not to be missed: March 24

**W**hat do you usually do for Earth Hour? Turn off the lights off and sit in the dark, waiting for the hour to finish? Maybe you wander outside to see if the neighbours are doing Earth Hour too, right? How about mixing it up this year with a free outdoor concert.

Earth Hour started as a symbolic lights out event in Sydney in 2007, but is now celebrated in more than 180 countries and territories as a global moment of solidarity for the planet.

As WWF's landmark movement, Earth Hour is set to once again unite millions of people around the world to show their commitment to the planet. As our one shared home faces the dual challenge of climate change and plummeting biodiversity, the world's largest grassroots movement for the environment aims to mobilize individuals, businesses and governments to be a part of the conversation and solutions needed to build a healthy, sustainable future – and planet – for all.

This year, rather than just sit in the dark while the rest of the planet goes dark, The Gold Coast is set to shine for Earth Hour with *Concert for the Planet*.

In celebration of Earth Hour on Saturday March 24, HOTA, Home of the Arts presents an evening of discovery and symphonic experience – CONCERT FOR THE PLANET – a free musical event that will transform the parkland into a live music soundscape, with musicians from all over the world taking part via a worldwide livestream.

The Gold Coast Philharmonic Orchestra, extended to include over 100 local musicians, will perform Holst's *The Planets* under the baton of conductor Lachlan Snow. Fittingly, the Gold Coast Philharmonic Orchestra is the first full orchestra to perform on the recently launched state-of-the-art \$37.5 million outdoor stage.

This spectacular concert will be live-streamed globally and with the help of innovative technology, such as the Conductor-Cam, musicians and communities will be able to join in and play along during the performance.

Following the free Tim Minchin concert on March 17 which officially launches the HOTA Outdoor Program, the performance on March 24 is the second-ever Concert for the Planet following the first in 2015 in Sydney.

"This is going to be a brilliant moment in musical time, with an extraordinary repertoire in Holst's *The Planets*," said HOTA CEO Crienda Gehrke. "We're inviting music lovers of all ages to bring a picnic to enjoy a truly memorable evening under the stars!"

On the evening of the event the HOTA precinct will be brought alive with music. Activity begins from 5pm with sustainable and environmentally focused community and art stalls, visual art installations by Gold Coast favourites Clayton Blake and Guy Cooper, and performance and interactive art activities including dancing, drumming, children's activities and more.

HOTA has partnered with the Global Orchestra Foundation in a commitment to make positive change for the future. In response to Earth Hour attendees are asked to bring reusable

water bottles and make use of the free water stations around the venue, carpool or use public transport to get to the event and to use the recycling services available on-site or take rubbish home for appropriate disposal.

The performance will conclude at the start of Earth Hour 2018 in Queensland. The lights will be turned down, and guests are asked to bring a torch to assist in exiting the venue safely.

The Global Orchestra was founded in 2013 with the idea of combining technology and creativity – for the sake of the planet. During Earth Hour in March 28, 2015 the inaugural Concert for the Planet was performed by the Sydney Symphony Orchestra, a mass participation, multi-location, first of its kind performance of Holst's *The Planets*. Musicians and communities played their parts to mark their commitment to a sustainable future for Planet Earth.

Global Orchestra has created musical arrangements, instructional videos, lesson plans and information packs for participants to play their part on the big night. The Conductor-Cam guides players through the bar numbers and counts players in to ensure everyone follows the score. Players interested in taking part in the March 24 concert should register at [globalorchestra.com/register](http://globalorchestra.com/register).

Concert for the Planet is the second in HOTA's ground-breaking Outdoor Program following a full house free Tim Minchin concert. The program is based on the spectacular new outdoor stage.

*Concert for the Planet* outdoor activities start at 5pm and the main concert starts at 7.30pm

Visit [www.HOTA.com.au](http://www.HOTA.com.au) for all information.





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## THE LAKES COLLEGE NEW \$3.6M SECONDARY SCHOOL PRECINCT

The Lakes College officially opened the second stage of its secondary school precinct last Friday, 16 March. Stage 1 was completed in 2017. The new precinct includes six new classrooms, a senior's area including a lounge, kitchen area, staff room, locker spaces and outdoor learning hub.

The Lakes College Principal Mr Simon Armstrong described the opening as a significant part of our expanding chapter of the College.

"North Lakes is one of the fastest growing areas in Queensland and this development is great for the potential of the local community to continue to grow.

"Our new secondary building will benefit our secondary students, College and the wider community in so many ways, as it has wonderful innovative learning hub and resources," Mr Armstrong said.

"It's been purpose built and architecturally designed to meet the needs of our more than 400 secondary school students.

"We pride ourselves at The Lakes College for our unique approach to inspirational and innovative learning and this new facility will help us achieve that.

"The Lakes College has grown from just 88 students when we opened our doors in 2005,

to a College with a total population of 831 students from Prep to Year 12.

"From the Lakes College community, I thank the State Government for its generous contribution, and the partnership approach it has shared with us in developing our new building."

## BRISBANE'S FIRST VIRTUAL REALITY ARCADE OPENS

Free Space VR Arcade is Brisbane's first Virtual Reality Arcade, which opened 14th March. The arcade uses the very popular HTC Vive VR Headsets and some of the best PC Equipment around to bring to the public Virtual Reality Experiences they've only heard about without the massive expense of purchasing their own Equipment and clearing the space required.

Free Space VR will be working with burgeoning VR/AR Community in helping to promote the best Virtual Reality has to offer and helping to push Brisbane forward as a center for VR/AR Innovation and Technology.

With an initial focus on Gaming and VR Experiences the company plans to expand to work with VR/AR in Training and Innovation. AR/VR has an almost limitless set of possibilities and represents the future of many fields from Medicine and Transport to Communications and Training.

The arcade can be found at 295 St Pauls Terrace, Fortitude Valley initially, it is in close




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### TEDDY BEAR'S PICNIC - NORTH LAKES

Grab your favourite teddy Thursday 29 March and head down to Aurora Boulevard Park for a FREE fun morning out at the Teddy Bears' Picnic. There will be plenty to keep your little ones entertained including stage shows, rides, face painting, kids activities, an animal farm, a teddy bear parade and a visit from the easter bunny as well as plenty of food and market stalls to enjoy.

Remember to pack a picnic, your favourite Teddy Bear and a picnic rug to join in the day the Moreton Bay Region Teddy Bears' have their picnic.

### DUSK, DANCING AND SCULPTURE AT RIVER QUAY - STAR CROSSED RIVERS

From this Friday (March 23) a free, family-friendly contemporary art performance kicks off with a stylised performance of Sohni Mahiwal, a famous love story of the Punjab, using choreographed movement, costumes and sculptural objects. The public performance art piece is part of a year-long series of live art activations taking place in public spaces across Brisbane in 2018. Produced by people+artist+place, the inaugural program will ignite conversations about temporary public art and community self-expression through a collection of artworks that promote participation and community involvement.

### QUEEN'S BATON RELAY TO PASS THROUGH FESTIVAL OF SAILS

Good Friday (March 30 this year) always signals the Redcliffe Festival of Sails. A free event with family friendly entertainment and of course, the traditional visit by the sky diving Easter bunny. There's also rides, amusements, markets, live music, sand sculpting, roving entertainers, an Easter egg hunt and the best view of Brisbane to Gladstone yacht race as they sail past Redcliffe Peninsula.

This year, the Festival of Sails will also see the Queen's Baton Relay make it's way through Redcliffe on it's journey to the Commonwealth Games. Paralympic world record holder and Moreton Bay's Young Citizen of the Year Lakeisha Patterson OAM will carry the Queen's Baton onto the stage at the Redcliffe Festival of Sails. The baton bearers were chosen from around the region chosen in recognition of their community work and passion for athletics and includes Kayleigh Williams from North Lakes.

Find out more at [www.gc2018.com/qbr](http://www.gc2018.com/qbr)

### MESSANGER EASTER BREAK

Our readers and advertisers are advised that there will be no Messenger publications dated March 31 or April 7. Our first edition after Easter will be dated April 14.

We wish you a happy and safe break.



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# BRISBANE STREET ART FESTIVAL 2018

**Street artists from around the world will gather in Brisbane to create 50 new large scale murals for the city**

The 2018 Brisbane Street Art Festival (BSAF) will once again take over walls across Brisbane from March 31 - April 15, with new 50 large scale murals to be created in sites across the city.

Now in its third year and fully entrenched in the cultural landscape, the 2018 BSAF offers its biggest program ever with more than 50 Australian and international artists will create 50 large scale murals in South Brisbane, Spring Hill, Fortitude Valley, Paddington, Annerley and Brisbane's CBD - double the number of murals created in 2017.

Notable works will transform Fish Lane, a Telstra Exchange Building, Ric's Bar and Brisbane Powerhouse thanks to spaces provided by partners ARIA Property Group, Brisbane City Council (BCC), Brisbane Powerhouse, Ric's and Telstra.

Festival organisers have curated street art masters from Malaysia, Indonesia, Hong Kong, England, Colombia and Mexico to join leading Australian artists such as Sofles, Gus Eagleton, Fuzelliar, Emmanuel Moore, The Brightsiders, Sindy Sinn, Shida and Sirmano, many who hail from Brisbane.

Colombian artist Gris One will join Hong Kong's self-taught street art queen Bao Ho, Mexican calligraphy specialist Said Dokins, Malaysian

artists Kenji Chai and Cloakwork, London geometric guru Rosie Wood and Indonesian artist Tuyuloveme to paint their first ever works in Australia.

Festival Director Lincoln Savage said street art is helping redefine the city of Brisbane.

"The program is bigger and better and signals Brisbane's creative potential, we encourage all locals and visitors to come out during BSAF to see new artworks created before their eyes," said Mr Savage

"This year seven international artists are joining us for the festival, including six who have chosen to paint their first Australian work in Brisbane, which speaks volumes about our ability to attract great artists and the recognition the international community has for our burgeoning street art culture."

Festival organisers have been working closely with Alethea Beetson, director of Digi Youth Arts, to ensure the program supports and nurtures Indigenous artists and the murals reflect stories of their people. Mexican artist Said Dokins will paint a large mural on the Telstra Exchange building in Spring Hill, lending his style of street calligraphy to a piece focusing on keeping Indigenous languages alive.

Brisbane art duo Land Writers, known individually as Warraba Weatherall and Daniel Jones, will also make their mark on the city, transforming the laneway at 181 George Street with what will be a moving piece.

Led by Indigenous artists Dylan Mooney, Tori-Jay Mordey and Kiana Larkins, nine artists will gather to create temporary artworks on the QPAC Cultural Forecourt as part of Festival 2018, the Gold Coast

2018 Commonwealth Games' statewide free arts and cultural program. The artists will work together to create works that celebrate Brisbane and pave the way for a shared vision of the future.

Another highlight of BSAF will be Within These Walls, a major one-month long exhibition featuring works of all shapes and sizes from 50 local and international artists at Brisbane Powerhouse, opening on Thursday 12 April.

Cezary Stulgis will also team up with Australian street art legend Benjamin Reeve for a momentous return to paint a new mural on the Brisbane Powerhouse. Cezary last graced the building's walls over 20 years ago before it was transformed into the building it is today, with two of his works on the building now heritage protected artworks.

BSAF also provides an important platform for emerging artists. This year BCC has provided four city-owned public walls as canvasses, two of which will be painted by artists involved in the BCC Youth Art development program, which links emerging talent with industry veterans.

The festival will kick off bang on Sunday 1 April with a free launch party at Ric's in Fortitude Valley. Brisbane veterans Drapl and Treazy will paint a mural in the bar's backyard area and live music will be provided by The Gametes, FeelsClub, Desmond Cheese and YELLOWCATREDCAT. The launch will also see the resurrection of Scribble Slam, a live art battle between two artists, Bao Ho and Sunshine Coast artist EJ Zyla. Each artist will create a work focused on a theme that is revealed on the night, with one artist to be crowned the winner. Scribble Scram will be a monthly event at Ric's with a rotating lineup of artists.



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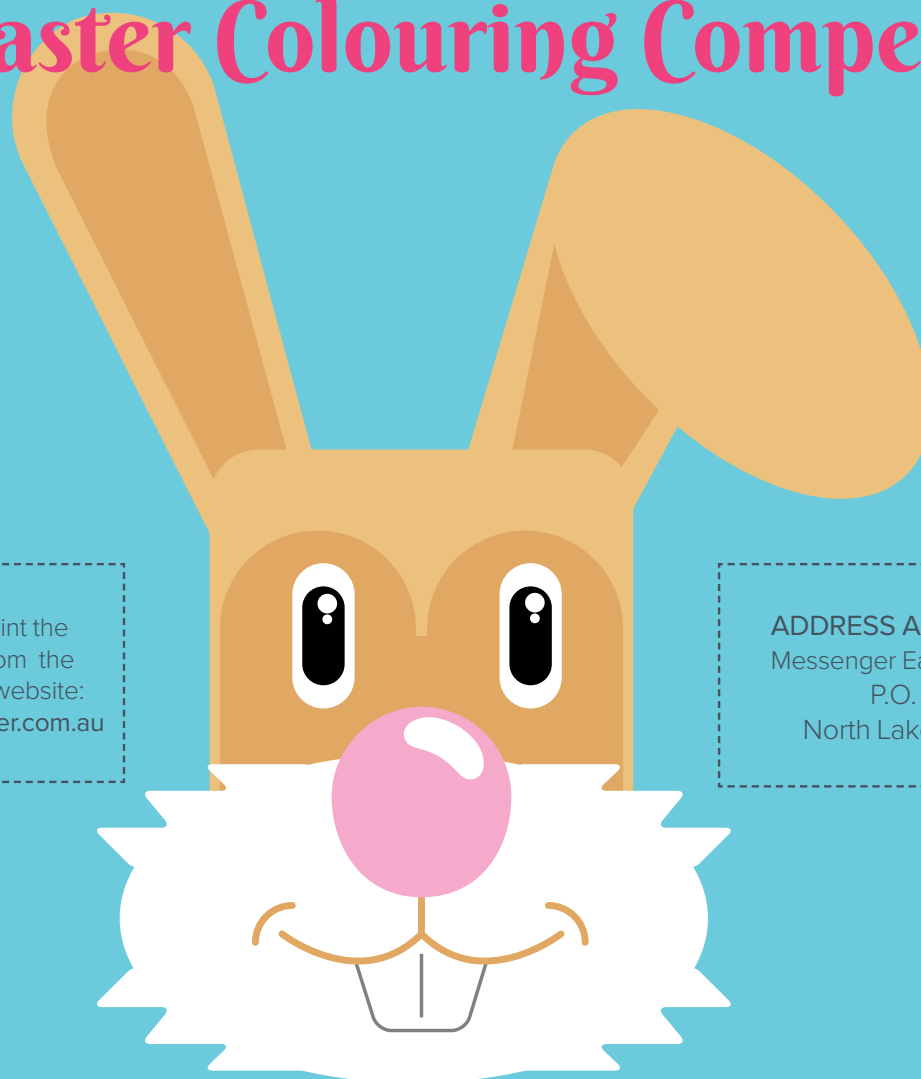
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# Kids' Easter Colouring Competition



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ADDRESS ALL ENTRIES TO:  
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Every Easter we run a colouring competition just for kids and 2018 is no different. Well, there's one difference - we'll ask you to download the colouring page from our website and print it out to enter. You can find the PDF at [www.northlakesmessenger.com.au](http://www.northlakesmessenger.com.au)

This year we have 3x \$100 cash prizes to win.

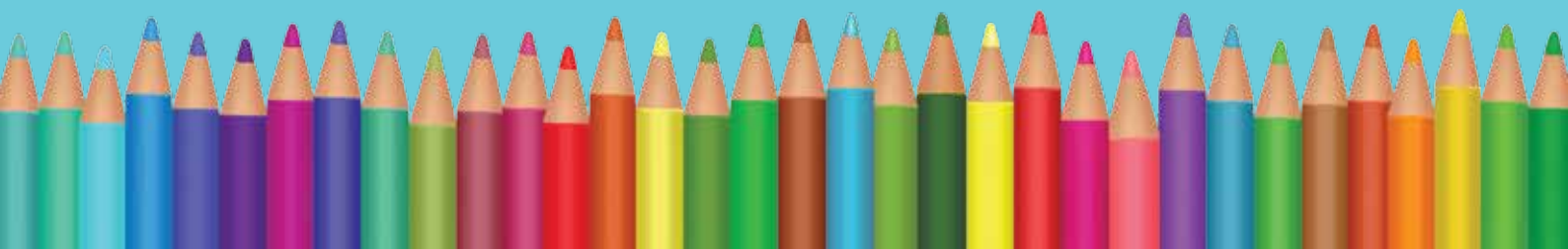
So kids, print the page from our website, grab your colouring and decorating gear and show us some colour! The most creative entry from each age group will win!

There are three age groups and a \$100 winner will be selected from each. The age groups are: 3-5, 6-9 and 10-13.

Get your entries in by Friday March 30. Don't forget to put your details in the space provided, and good luck!

# WIN!

**Privacy:** The Messenger complies with the *Australian Privacy Act 1988* in safeguarding your privacy. Information submitted by you is used only for purposes of the competition. Your information is not kept on file, collated, or distributed in any way.





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## IN MY RELATIONSHIP, I WEAR THE BLAME FOR EVERYTHING THAT GOES WRONG

Hello Leonie,

I have a problem which is a bit silly I guess. In my marriage I don't do anything of any importance without long discussions with my husband and his approval.

I swear that I always feel that we have come to an agreement on matters. I have been married to my husband for over 20 years and whenever there is a situation that has turned sour or a decision that has gone bad, my husband always says that it was MY decision and that he did not agree to anything.

So you see, I wear the blame for everything that goes wrong. But if things turn out very well, or even just OK, suddenly it was his planning and idea and he takes credit for the decision, particularly around others.

Another thing that happens between us is that I will suggest something or other and then weeks or months later, he will say that he has a great idea which was the original one that I came up with.

I know that this is nothing like the problems that you probably see on a daily basis, but its driving me nuts. I am really starting to dislike my husband and I have very little respect for him now.

Does this happen to others and is it common? I would be grateful for your views on this.

Karen/Clontarf

Hi Karen,

This is not a problem that is isolated to your husband. I believe that human beings have a great capacity to re-write history. It's not just in the decision-making side of relationships (although this is very common) but also in the day to day dynamics of interacting with others.

For instance, some people can say and do the most hurtful things and never give it another thought. However, when their partner has had enough and call them on their nasty comments, they may claim to have never have said such a thing at all. Often, one partner will be continually hurt by callous 'throw away' comments and this may begin to show in a tendency to withdraw affection or just withdrawal in general in an effort to protect themselves from further emotional abuse. The offending partner may then ask what the matter is and when told of the hurtful things they have said or done, totally deny it ever happening.

I also see the phenomena of people using language incorrectly or in the wrong context and the other person taking their comments literally and interpreting what is said verbatim. The offending partner then offers some trite excuse such as,

*"I didn't mean it like that" Or "I used the wrong words, it's not what I was meaning to say"*

Now this can lead the wronged party to start doubting themselves and sometimes feel that they are going crazy or as you put it "NUTS". So, you can see that this is indeed a common problem and I don't think that there are too many people who haven't experienced or are yet to experience, this type of toxic interplay at least once in their lives.

Now on the flip side, often times when we are recovering from a broken relationship and grieving we may only remember all the good stuff and forget all the things that made the relationship unviable.

I advise my clients to keep a diary of all the times they have been treated badly, belittled, humiliated or felt sad about their relationship and to be as honest and non-subjective as possible in the recording. This often helps as a tool to remind them of all the things that happened and help them more accurately predict whether or not a relationship can be saved. We must think about all that was good and all that was bad to get a balanced and truthful assessment of the health of a relationship. This works both ways. Sometimes we can imagine that something is far worse than it is and a little honest reflection by way of diarised entries can have us seeing things much clearer.

Til next week, Leonie

E-mail: [leonieschilling@bigpond.com](mailto:leonieschilling@bigpond.com)

Leonie Schilling is a qualified private practitioner at *North Lakes Counselling Services*

For appointments please phone 3886 2715 or 0423 653 841

[www.northlakescounsellingservices.com.au](http://www.northlakescounsellingservices.com.au)

Catch Leonie's radio show alternate Mondays at 11.00am on 99.7 Bridge FM



### ABOUT LEONIE

Leonie Schilling is a qualified counsellor, Trainer and Assessor, published Author, Columnist, Radio Commentator and Justice of the Peace. Established in 2007, North Lakes Counselling Services has a long history of helping couples and individuals manage their relationships and attain their personal goals.





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regularly get stuck in gridlock on their way to work.

"Across the city, it's clear we have a congestion problem. To think it takes 30 minutes to travel a measly 15km is crazy," Mr Turner said.

**66% OF OUR WORKING  
READERS TRAVEL TO  
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ON AVERAGE**

The research also revealed 43.1 percent of Brisbane commuters wanted improved public transport services and almost 20 percent wanted to see specific roads upgraded or widened.

Mr Turner said all levels of government should prioritise investment in roads and transport infrastructure.

"We need governments to prioritise road projects which will enhance our network's efficiency and safety, and by investing in key public transport projects, we'll see an improvement to our city's commute time," he said.

"An effective and connected public transport system, where projects like Brisbane Metro and Cross River Rail complement the evolving transport system, will also reduce pinch points in the public transport network."

## LOCAL COMMUTERS ARE CRAWLING TO WORK

The State's peak motoring body has revealed Brisbane residents had the slowest commute time in the south east, despite only needing to travel a relatively short distance to work.

The new RACQ research, which surveyed

south east Queenslanders about their daily commute, found Brisbane locals spent an average of 30.8 minutes getting to work and travelled a distance of 14.8km, at just 29.8km/h.

Meanwhile, Moreton Bay commuters travelled longer distances but at a quicker speed, with an average of 43.8km/h, that's nearly 66% of locals, according to the ABS.

RACQ spokesperson Paul Turner said the data would not surprise Brisbane commuters who



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It might still feel like summer but it's now officially autumn, so if your 2018 health goals have taken a backseat, you may need a catalyst.

One of the easiest ways to motivate and push yourself is to take part in an organised event, so that you have a deadline to work towards. Once you register, the countdown to get fit begins.

Getting active has both immediate and long-term health benefits! At least one-third of all cancers in Queensland are preventable through healthy lifestyle choices, including being active and maintaining a healthy weight.

To motivate Queenslanders, Cancer Council Queensland CEO Ms Chris McMillan, an active runner herself, is sharing five tips to help people get started on their fitness journey.

**One,** don't go it alone. Queenslanders right across the state can join Team CCQ – an active community encouraging runners to lace up for the cause. Alternatively, enlist a friend to be your gym partner or get involved with your local Parkrun each week to meet fellow fitness enthusiasts. Make sure to involve your family too, as they are often a great support. They'll enjoy watching you on your journey and may even be convinced to join you on it.

**Two,** set your timeline. Choose the fun run, marathon or triathlon you want to take part in. Make sure your goal is realistic, so if you are a beginner complete a shorter endurance event like a 5km or 10km if you only have three to six months to prepare.

**Three,** get the right gear. Find exercise clothes and shoes that are comfortable to move in and that you feel confident wearing. If you only have very old runners or worn socks, then invest in

## GET ACTIVE, GET INSPIRED WITH ORGANISED EVENTS

Team CCQ shares five tips for getting fitter

a new pair – the last thing you want is to start your fitness journey and slip from a lack of tread or have blisters.

**Four,** start small and start early. Schedule in when you will exercise each week to make sure you follow through and tailor your training program to your fitness level. While some of your workouts can be shorter, you should include at least one weekly long run to build up your endurance. As a beginner speed isn't important, and many people find it useful to start by running for five minutes and then walking for one minute to allow for recovery and gradually build up fitness.

**Five,** look at the big picture to keep your body in good health and prevent injury. A balanced diet will allow you to fuel yourself for the runs, whilst making sure you have enough sleep will help with your energy levels. Make sure to stay hydrated and SunSmart for your runs and don't forget to stretch. Plus, schedule in strength and conditioning sessions to help prevent injuries and stay on top of sore spots by rolling out or

having a massage. Team CCQ, a community fitness movement, has been founded as part of Cancer Council's Get Moving campaign to encourage runners, gym-goers and fitness enthusiasts across Queensland to lace up their joggers and support the cause together.

There are lots of ways to get involved!

On June 30 -July 1, Team CCQ members will be among the 25,000 people partaking in the 40th edition of the Gold Coast Marathon. Eight races will take place on the flat, fast and scenic course.

Team CCQ members can also participate in Bridge to Brisbane, taking in some of Brisbane's most iconic landmarks, in a 5km or 10km run or walk.

Becoming a member of Team CCQ also gives Queenslanders access to free nutrition and exercise tips, discounted entry to select events, fundraising rewards, and access to a personal fundraising advisor.

Sign up to Team CCQ for free at [cancerqld.org.au/getmoving](http://cancerqld.org.au/getmoving).

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# QUEENSLAND THEATRE'S 2018 SEASON

Following two five star reviews, what's next For Queensland Theatre?

Back in Messenger February 10, 2018, we reviewed Queensland Theatre's showing of *Black is the New White* at five stars, calling it the funniest play we'd ever seen. Exactly one month later (Messenger March 10, 2018), we reviewed Queensland Theatre's *The 39 Steps* again at five stars. We felt a little guilty about *The 39 Steps* given that by the time you read the review, the show's entire run had completely sold out. So to make up, we're letting you know what's coming up for the rest of the year.

Queensland Theatre (QT) under the helm of Artistic Director Sam Strong is going from strength to strength. In fact, late last year, after Mr Strong's first year in the role, it was announced that 2017 was a record-breaker.

"I'm so proud of 2017 - my first year as Artistic Director and our first as Queensland Theatre. I want to thank our audiences for a record breaking year. Together, we've created our highest selling show ever in Brisbane, our highest selling year ever in the history of the company, and the highest number of subscribers in 20 years," he said at the time.

"No other theatre company in the country has had our geographic footprint."

"In 2017, you could see Queensland Theatre shows in 2000 seat theatres in Sydney and Melbourne, in a festival in London, or in an outdoor venue on Thursday Island, in the Torres Strait. We played to audiences from Cairns to Perth to Albury Wodonga. In 2017, we have reached more people outside Brisbane than the Sydney Theatre Company reached outside Sydney in 2016."

It seems QT is attracting traditional theatre audiences and newcomers alike.

While it won't be officially stated until after the season, 2018 seems likely to break the records that were only just set with eight extraordinary shows (two down, six to go) including six new Australian stories and four world premieres. QT's 2018 features an incredibly star-studded casts across the season. Let's take a look at the remaining productions.

## TWELFTH NIGHT

2018 sees us return to Shakespeare and the classic repertoire. *Twelfth Night* is one of Shakespeare's most popular plays because it is one of his most complete. It's the perfect balance of melancholy and joy - as much about the pain of getting older or being left behind as it is about the thrill of falling in love. *Twelfth Night* is also Shakespeare's most musical play and our version will feature a suite of original, new songs by maestro Tim Finn as well as a luscious design by Tracy Grant Lord.

## THE LONGEST MINUTE

*Sport* makes great theatre - its spectacle and drama, its heroes and villains, and its ability to inspire agony and ecstasy. The end of the 2015 NRL Grand Final between the Broncos and the Cowboys is a case in point. *The Longest Minute* explodes open these climactic moments to tell us the story of that unforgettable game, the underdog triumph of the 21 year history of the Cowboys, and the story of a family of footy fans following their dreams.

## GOOD MUSLIM BOY

This is a show built around the extraordinary life of Osamah Sami. It's a tender portrait of a father-son relationship, a fascinating insight into faith in contemporary Australia, and a knife edge thriller about trying to get a loved one's body out of Iran and find humanity in the sea of chaos. It just so happens that as well as having an incredible tale to tell, co-creator and performer Osamah Sami is one of our most engaging, endearing and enjoyable stage presences.

## JASPER JONES

Craig Silvey's story has captured the nation's imagination like few before it: a best-selling novel that has become a contemporary classic, a theatrical adaptation that has created three different sell-out productions, and most recently an acclaimed feature film. It's been so successful because it so completely transports us into the shoes of its teenage heroes while taking us back to a time when the nation was also coming of age. Kate Mulvany's award winning adaptation renders the book in all its dimensions, from the gripping whodunnit to the triumphant country cricket game. Anna Cordingley's Helpmann Award-winning design unforgettably puts the Australian landscape (not to mention an entire country town) on stage. A re-staging of the Melbourne Theatre Company production.

## NEARER THE GODS

David Williamson has been this nation's preeminent storyteller for close to half a century. This is because he has an amazing ability to put his finger on the zeitgeist - to know exactly what stories need to be told right now. Here, he crafts a riveting drama-of-ideas out of a turning point in the history of science. David zooms in on the relationship between Edmund Halley and Isaac Newton, and the struggle to publish theories that would change the world. *Nearer the Gods* is an urgent world premiere about how even the noblest ideas are at the mercy of politics and ego.

## HEDDA

*Hedda* showcases a triumvirate of incredibly talented women. Danielle Cormack is an actor with the power and sense of danger you need to tackle one of drama's greatest heroines. Playwright Melissa Bubnic has the wicked turn of phrase and pitch black humour to wrench a 19th century classic into the here and now. And director Paige Rattray has an ability to unleash performances that become seared into memory. Throw in a poolside set and a stellar local cast and *Hedda* promises to be the must see event of Brisbane in 2018.

With *Black is the New White* closing each night to standing ovations and *The 39 Steps* sold out in record time, it's important to get your tickets as early as possible.

*Twelfth Night*, *The Longest Minute* and *Good Muslim Boy* tickets are on sale now, while *Jasper Jones*, *Nearer the Gods* and *Hedda* go on sale from Monday, April 30 2018 at 9am. Hurry along to get them via [www.queenslandtheatre.com.au](http://www.queenslandtheatre.com.au) or by calling 1800 355 528

Pictured inset: QT's Artistic Director Sam Strong



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## LOCAL GEM AN EVERYDAY HERO

North Lakes' Alexis Young Miss Teen Diamond finalist is raising money for Ronald McDonald House

Local 18 year old Alexis Young is a finalist in the Miss & Mr Diamond Australia in the Teen category.

Alexis is sponsored by Jam Performing Arts at North Lakes, owned by her elder sister Danica Edge.

Alexis has been fund raising for her charity Ronald McDonald House and has held a Perfectly Pink Pamper night and created Easter buckets she is selling. She has just reached \$1000 for her efforts.

Ronald McDonald House provides accommodation and support services for seriously ill children and their families and there are 16 located around Australia and in total 360 around the world.

The houses help to preserve the family unit in the midst of physical, emotional and

financial stress and give the parents the chance to draw on hope and comfort from other families in similar situations. The aim is to be like a home away from home.

After finishing Year 12 at The Lakes College last year, Alexis has taken a year off to dance more and is a student teacher at Jam. Alexis successfully auditioned for the Commonwealth Games Opening performance and has quite a few more auditions on the horizon.

The Miss Teen Diamond grand final will be held in Brisbane on Saturday 7 April.

To donate to Ronald McDonald House and help Alexis with her fund raising an everydayhero account has been set up. Donations are tax deductible and the link is [www.rmhcseq.everydayhero.com.au/alexis](http://www.rmhcseq.everydayhero.com.au/alexis)



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## BUTT OUT FOR BETTER HEARING

BY DR ANITA, BRISBANE NORTH PHN



Tobacco smokers are more likely than non-smokers to experience hearing loss, according to a new study, but the risk from smoking quickly disappears when they quit.

One in seven Australians suffer from hearing loss – around 3.6 million people – and this is projected to increase to one in every four Australians by 2050.

The main reasons this condition is increasing include long-term exposure to excessive noise in the workplace and the environment, and an ageing population. Three in every four people aged over 70 years have hearing loss.

Now an eight-year study of more than 50,000 Japanese workers, aged between 20 and 64 years, has found that current smokers are 60 percent more likely to develop high-frequency hearing loss compared to non-smokers.

When people are unable to hear sounds in the higher level of frequencies, they often find it difficult to understand speech. This is because they miss the consonant letters such as F, H and S, and the problem gets worse in noisy environments.

Published in the Oxford Academic journal *Nicotine & Tobacco Research*, the study is thought to be the largest to date investigating

the association between smoking and incident hearing loss.

The researchers found current smokers were also 20 percent more likely to develop hearing loss in the low frequency range that makes difficult to detect deep voices.

According to Reuters, lead study author Huanhuan Hu at the National Center for Global Health and Medicine in Tokyo said the risk of hearing loss was higher the more a person smoked.

"Quitting smoking virtually eliminates the excess risk of hearing loss, even among quitters with short duration of cessation," Hu said.

"Because the risk of hearing loss increases with the number of cigarettes smoked per day, if quitting is impossible people should still smoke as little as possible," he said.

At the start of the study, participants were typically in their 40s and about 19,000 were current smokers, Reuters reported. About 9,800 of the participants were former smokers and 21,000 had never smoked.

Current smokers were more likely to be overweight or obese, have chronic health

problems like high blood pressure and diabetes, and work in jobs with higher levels of occupational noise.

Each year during the study, participants had comprehensive hearing tests. After eight years, more than 5,100 people developed hearing loss.

While this was not a controlled experiment designed to prove causality, Hu said the results showed it was possible that nicotine exposure may damage the ears.

A reliance on participants accurately reporting their smoking habits was identified as a limitation of the study, as was control over occupational noise exposure for all of the people in the study.

Nevertheless, these latest findings add to a growing body of evidence suggesting that smoking can contribute to hearing loss.

If you need to get your ears tested, Medicare will cover hearing assessments and consultations with an audiologist in certain circumstances when referred by an eligible medical practitioner. Your audiologist may charge a gap fee for your appointment.

Some private health insurers may also provide rebates for hearing assessments and the fitting of hearing aids and other devices.

It is also important to note that children and young people under 26 years of age are among those eligible for hearing services subsidised through the Australian Government Hearing Services Program.

Veterans' Affairs Gold Card holders and Aboriginal and Torres Strait Islander people over 50 years of age are also eligible.

To check your eligibility for Government-subsidised hearing services, go to [www.hearingservices.gov.au](http://www.hearingservices.gov.au).

### ABOUT DR ANITA

DR ANITA GREEN IS THE BOARD CHAIR OF BRISBANE NORTH PHN AND HAS OVER 30 YEARS' EXPERIENCE AS A GENERAL PRACTITIONER. SHE HAS A LONG-TERM COMMITMENT TO THE EDUCATION OF MEDICAL AND ALLIED HEALTH PROFESSIONALS AND IS INVOLVED IN TEACHING AND RESEARCH FOR THE UNIVERSITY OF QUEENSLAND. DR ANITA HAS ALSO BEEN APPOINTED AS THE CHIEF MEDICAL OFFICER FOR THE 2018 COMMONWEALTH GAMES ON THE GOLD COAST



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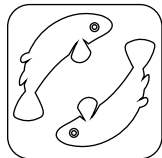




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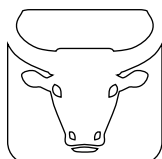
**Aquarius Jan 21-Feb 19:** Be flexible with your outlook these days. Expectations may not be realised, but needs are fulfilled. You are on the right path.



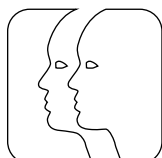
**Pisces Feb 20- March 20:** A boss wants you. The question is do you want to be there? Only you can answer. Meanwhile stop trying to push this onto his plate.



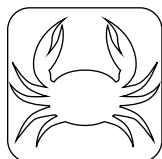
**Aries March 21- April 20:** You want answers now, but be patient. The longer it takes someone to get back in touch, the better the outcome for you.



**Taurus April 21-May 21:** Now that you've won a dispute, you wonder if you were right to pursue it. Not the time for second thoughts. You need to show confidence.



**Gemini May 22-June 21:** Its vexing to have to draft and redraft a plan, but coming up with new ideas proves you've got more to say. Plumb the depths of ingenuity.



**Cancer June 22 July 23:** Your reading more into someone's disinterest than it deserves. There's such a thing as being preoccupied. Peoples self absorption has nothing to do with you.



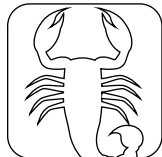
**Leo July 24-Aug 23:** What's more important-coming down hard on someone or sending a strong message? That you show leniency in the matter shows confidence.



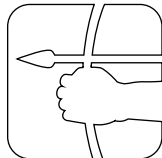
**Virgo Aug 24-Sept 23:** You want the best for loved ones, but do protective instincts serve their interests? You may be hindering when you should be encouraging.



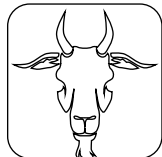
**Libra Sept 24-Oct 23:** You get a second hearing. There's no guarantee it will reverse the situation, but it gives you a chance to polish points and make your case.



**Scorpio Oct 24-Nov 22:** Fear and trembling is never pleasant, but turning heel and going back the way you came is worse. Persevere. You're on the right path.



**Sagittarius Nov 23-Dec 21:** It pays to play by the book but sometimes you have to finesse. Seeing as you may come up short, it's best to bluff about what's in hand.



**Capricorn Dec 22-Jan 20:** A newcomer replaces and old ally. This leaves you feeling uncomfortable. Then again it can also be said you're clearing out dead wood.



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## NINE

**6.00** GMA. **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Kevin Can Wait. (PG) **12.30** Destination WA. **1.00** Rugby League. QRL. Intrust Super Cup. Round 3. Tweed Heads Seagulls v Burleigh Bears. **3.00** Animal Rescue Thailand. (PG) **3.30** Walking The Nile. (PG) **4.30** Garden Gurus. **5.00** News. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** Blue Planet II. (PG) **8.10** Movie: E.T. The Extra-Terrestrial. (PG) (1982) Henry Thomas, Drew Barrymore. An alien befriends a boy. **10.30** Travel Guides. (PG) **11.30** Movie: Country Strong. (M) (2010) Gwyneth Paltrow. **2.00** TV Shop. **2.30** Westside. (MA15+) **4.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

## GO!

**6.00** Children's Programs. **2.30** The Looney Tunes Show. (PG) **3.00** Gumball. (PG) **3.30** Ben 10. (PG) **4.00** Teen Titans. (PG) **4.30** Steven Universe. (PG) **5.00** Scooby-Doo! Mecha Mutt Menace. **5.30** Movie: Flushed Away. (G) (2006) **7.10** Movie: Meet The Fockers. (M) (2004) **9.20** Movie: The Hangover Part III. (MA15+) (2013) **11.20** Balls Of Steel Australia. (MA15+) **12.20** Adult Swim. (MA15+) **12.50** Mr Pickles. (MA15+) **1.05** Superjail! (MA15+) **1.20** Total Divas. (M) **2.15** Mike Tyson Mysteries. (MA15+) **2.30** Rick And Morty. (M) **3.00** Power Rangers Super Ninja Steel. (PG) **3.30** Kate And Mim-Mim. **4.00** Yu-Gi-Oh! (PG) **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **11.00** Horse Racing. Golden Slipper Day. **4.00** Border Security. (PG) **4.30** Seven News At 4.30. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Zootopia. (PG) (2016) Ginnifer Goodwin, Jason Bateman. A rabbit cop and a con artist fox uncover a conspiracy. **9.15** Movie: True Lies. (M) (1994) Arnold Schwarzenegger, Jamie Lee Curtis, Tom Arnold. A secret agent finds his personal and professional lives clashing as he battles a terrorist group. **12.15** Code Black. (M) Christa saves a woman's life. **1.15** Harry's Practice. **2.00** Shopping. **4.00** Sons And Daughters. (PG) **4.30** Sons And Daughters. (PG) **5.00** House Of Wellness. (PG)

## 7TWO

**6.00** Shopping. **8.00** Travel Oz. (PG) **9.30** The Great Australian Doorstep. (PG) **10.00** NBC Today. **12.00** The Great Outdoors. **1.00** Creek To Coast. **1.30** SA Weekender. **2.00** The Great Australian Doorstep. (PG) **2.30** Vasil's Garden. **3.00** Qld Weekender. **3.30** The Great Day Out. **4.00** Sydney Weekender. **4.30** The Zoo. **5.00** Diana's Death: The Search For The Truth. (PG) **6.00** M\*A\*S\*H. **7.30** Mighty Cruise Ships. (PG) Takes a look at the Celebrity Solstice. **8.30** Escape To The Country. Prospective buyers find their dream home. **10.30** Escape To The Continent. **11.45** Vasil's Garden. **12.15** Qld Weekender. **1.00** Psychic TV. (M) **4.00** Sydney Weekender. **4.30** Travel Oz. (PG)

## TEN

**6.00** I Fish. **7.00** RPM. **8.00** The Living Room. **9.00** St10. (PG) **10.00** Motor Racing. Formula 1. Round 1. Australian Grand Prix. Qualifying. **6.30** Bondi Rescue. (PG) During a crippling heatwave, Bondi Beach becomes unbearably hot, with the temperature reaching 47.3°C. **7.00** Movie: Daddy's Home. (PG) (2015) Will Ferrell. **9.00** To Be Advised. **10.00** 48 Hours. (M) Takes a look at the case of Julie Kibuishi who was found murdered in the bed of her friend, Sam Herr. **11.00** 48 Hours. (M) Jacob Nolan speaks out about his belief that he was manipulated into committing murder by his psychiatrist. **12.00** Shopping. **4.30** The Table. A look at issues facing women today. **5.00** Hour Of Power. Religious program.

## ONE

**6.00** Shopping. **8.00** Hogan's Heroes. **8.30** Cheers. **9.00** Adelaide Motorsport Festival. **10.00** Muscle Car Masters. **11.00** Muscle Car Masters. **12.00** MacGyver. (PG) **2.00** Air Racing. Red Bull Series. Highlights. **3.00** The Offroad Adventure Show. **4.00** The Life Of Mammals. **5.00** Operation Repo. (PG) **5.30** Hogan's Heroes. **6.00** Football: Just For Kicks. **6.40** Soccer. A-League. Round 24. Melbourne City v Western Sydney Wanderers. From AAMI Park, Melbourne. **9.00** CSI: Miami. (M) **10.00** CSI: NY. (M) **11.00** CSI: NY. (MA15+) **12.00** VF Confidential. (M) **1.00** RPM. **2.00** Motorcycle Racing. MotoGP. Race 1. Grand Prix of Qatar. Replay. **3.30** Monster Jam. **5.30** Whacked Out Sports. (PG)

## ABC

**6.00** Rage. (PG) **10.00** Rage. (PG) **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **12.30** Miss Fisher's Murder Mysteries. (M) **1.25** Midsomer Murders. (PG) **3.00** Stargazing Live. **4.00** Hello Birdy. (PG) **4.30** Kangaroo Dundee. **5.00** Antiques Roadshow. **6.00** Compass. (PG) **6.30** A Taste Of Landline. **7.00** ABC News. **7.30** Death In Paradise. (PG) Final. **8.30** Miniseries: Innocent. (M) **9.20** Prime Suspect 1973. (M) **10.05** Miniseries: Black Work. (M) **10.55** Miss Fisher's Murder Mysteries. (M) Final. **11.50** Rage. (MA15+) **5.00** Rage. (PG)

## ABC COM

**6.00** Children's Programs. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** Charlie And Lola. **5.55** The Hive. **6.00** Octonauts. **6.15** WildWoods. **6.25** Go Jetters. **6.40** Jamillah And Aladdin. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? The Unseen Bits. **8.30** Live At The Apollo. (M) **9.15** Comedy Next Gen. (MA15+) **10.10** Fleabag. (M) **10.35** Alan Davies: Life Is Pain. (MA15+) **11.50** Michael McIntyre: Hello Wembley! (M) **12.40** Inside Amy Schumer. (M) **1.05** The Trip To Spain. (PG) **1.35** The Trip To Spain. (PG) **2.05** Live At The Apollo. (M) **2.50** News Update. **2.55** Closure. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

## SBS

**6.00** WorldWatch. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.15** Soccer. International Friendly. Peru v Croatia. **12.45** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** Figure Skating. ISU highlights. Best of ice dance. **4.05** Syria Wedding. **4.30** The Story Of God With Morgan Freeman. (PG) **5.30** The Supertv. (PG) **6.30** News. **7.30** Secrets Of The Long Haul Flight. **8.50** Movie: Mr. Holmes. (M) (2015) Ian McKellen. **10.45** Movie: The Model. (MA15+) (2016) **12.40** Movie: All That Jazz. (M) (1979) **2.50** How To Die: Simon's Choice. (M) **4.25** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

## SBS VLND

**6.00** WorldWatch. **10.30** Hungarian News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Insight. **1.00** Front Up. (PG) **1.30** Vs Arashi. **2.25** Abandoned. (PG) **3.15** Huang's World. (PG) **4.05** Motherboard. (PG) **4.30** Most Expensive. (PG) **4.55** MythBusters. (PG) **5.55** MythBusters. (PG) **6.55** Chinese Dating With The Parents. (PG) **8.30** Movie: Children Of Men. (MA15+) (2006) **10.30** Movie: The Waiting City. (M) (2009) **12.30** News. **12.55** VICE. (MA15+) **1.30** Brainwashed By Westboro Baptist Church. (M) **2.20** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.30pm** Chef (2014) Comedy. Jon Favreau, Sofia Vergara. (M) Masterpiece  
**8.30pm** Baby Driver (2017) Action. Ansel Elgort, Kevin Spacey. (MA15+) Premiere  
**8.30pm** Denial (2016) Drama. Rachel Weisz, Tom Wilkinson. (M) Masterpiece

## GENERAL

**7.00pm** This Is Not Happening. (MA15+) Comedy Channel  
**7.30pm** Saturday Night Live. (M) Comedy Channel

## DOCUMENTARY

**7.30pm** Beauty Queen Murders. (M) TLC  
**7.30pm** Fatal Attraction. (M) Crime & Investigation  
**8.30pm** Where The Wild Men Are: Revisited. (PG) BBC Knowledge

## SPORT

**7.25pm** Football. AFL. Round 1. Hawthorn v Collingwood. Fox Footy  
**7.30pm** Rugby League. NRL. Round 3. Parramatta Eels v Cronulla Sharks. Fox League

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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## REDCLIFFE FESTIVAL OF SAILS / QUEEN'S BATON RELAY

Date: March 30 2018

Location: Suttons Beach. Marine Parade, Redcliffe

Good Friday (March 30 this year) always signals the Redcliffe Festival of Sails. A free event with family friendly entertainment and of course, the traditional visit by the sky diving Easter bunny. There's also rides, amusements, markets, live music, sand sculpting, roving entertainers, an Easter egg hunt and the best view of Brisbane to Gladstone yacht race as they sail past Redcliffe Peninsula. This year, the Festival of Sails will also see the Queen's Baton Relay make it's way through Redcliffe on it's journey to the Commonwealth Games. Find out more at [www.gc2018.com/qbr](http://www.gc2018.com/qbr)

MAR 30

## FRENCH FILM FESTIVAL

Date: March 8 - April 4 2018

Location: Palace Barracks & Palace Centro Cinemas

Returning to Palace Cinemas in Brisbane from March 8 to April 4, the 29TH annual Alliance Française French Film Festival, is poised to entice audiences with an incendiary selection of 47 features, 2 documentaries and a cheeky Parisian TV series, which showcase the passion, artistry and dazzling diversity of contemporary French cinema.

Artistic Director Philippe Platel has selected an impressive line-up that resonates with themes of courage, friendship and egalitarianism; motifs reflected via a host of Première screenings, delightful special events, and, for the first time, a LGBT strand in celebration of Australia's recent, historic 'Yes' vote for same-sex marriage. Full programme and tickets are available now at: [www.affrenchfilmfestival.org](http://www.affrenchfilmfestival.org)

MAR 8 -  
APR 4

## CONCERT FOR THE PLANET

Date: 24 March, Outdoor activities start at 5pm, main concert starts at 7.30pm

Location: HOTA Gold Coast

Cost: FREE

In celebration of Earth Hour on Saturday March 24, HOTA, Home of the Arts presents an evening of discovery and symphonic experience – CONCERT FOR THE PLANET – a free musical event that will transform the parkland into a live music soundscape, with musicians from all over the world taking part via a worldwide livestream.

The Gold Coast Philharmonic Orchestra, extended to include over 100 local musicians, will perform Holst's The Planets under the baton of conductor Lachlan Snow. Fittingly, the Gold Coast Philharmonic Orchestra is the first full orchestra to perform on the recently launched state-of-the-art \$37.5 million outdoor stage.

Visit [HOTA.com.au](http://HOTA.com.au) for all information

MAR 24

## WAVE FESTIVAL

Date: 20-21 April 2018

Location: Brisbane Powerhouse Newfarm Park

Hip Hop, electronic, poetry and new music - Queensland Symphony Orchestra has announced a two-day music festival of collaborations with some of the coolest artists in the country. WAVE Festival 2018 will take place on Friday 20 and Saturday 21 April at the Brisbane Powerhouse, featuring incredible performances with The Kite String Tangle, Horrorshow and more.

The cutting-edge music program will shine the spotlight on contemporary music and Australian composers and music makers. The line-up of stars reads like Music's Most Wanted - Australia's favourite electronic producer and Brisbane local Danny Harley, better known as The Kite String Tangle, highly acclaimed and much loved Hip Hop duo Horrorshow, poet Luka Lesson, composer Heather Shannon (The Jezabels), composer Gordon Hamilton and conductor Sarah-Grace Williams showcase musical collaborations with Queensland Symphony Orchestra. Tickets via [www.qso.com.au](http://www.qso.com.au)

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## NINE

**6.00** Good Morning America: Saturday. **7.00** Weekend Today. **10.00** Sports Sunday. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.00** Motor Racing. Targa North West. **1.30** Border Rico. **2.00** Rugby League. NRL. Round 3. Gold Coast Titans v St George Illawarra Dragons. **5.00** Broncos Insider. (PG) **5.30** Icons. **6.00** Nine News. **7.00** Blue Planet II. (PG) Final. **8.20** 60 Minutes. **9.20** Movie: Everest. (M) (2015) Jason Clarke, Jake Gyllenhaal, Ang Phula Sherpa. Based on a true story. **11.50** House. (M) **12.40** The Mysteries Of Laura. (M) **1.30** Icons. **2.00** Bad Robots. (M) **2.30** Global Shop. **3.00** The Baron. (PG) **4.00** GMA. **5.00** News. **5.30** Today.

## GO!

**6.00** Pokémon The Series: Sun & Moon. **7.00** Kids' WB. (PG) **7.05** Looney Tunes. **7.30** The Day My Butt Went Psycho! **8.00** Gumball. (PG) **8.30** The New Looney Tunes. **9.00** We Bare Bears. (PG) **9.30** Teen Titans. (PG) **10.00** Ben 10. (PG) **10.30** Be Cool, Scooby-Doo! (PG) **11.00** Nexo Knights. (PG) **11.30** Ninjago. (PG) **12.00** Big Bang. (PG) **8.30** Movie: Transformers. (M) (2007) **11.20** Big Bang. (PG) **12.20** Adult Swim. (MA15+) **12.50** Superjail! (MA15+) **2.15** Most Terrifying Places In America. (MA15+) **3.05** Surfing Australia TV. **4.00** Kate And Mim-Mim. **4.30** We Bare Bears. (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** House Of Wellness. (PG) **1.00** Business Builders. (PG) **1.30** Jabba's School Holiday Movie Special. **2.00** Gold Coast 2018 Preview Show. **2.30** Gold Coast 2018 Preview Show. **3.00** To Be Advised. **4.30** Surf Patrol. **5.00** News. **5.30** The Great Day Out. **6.00** News. **7.00** Australian Spartan. (PG) **8.45** Sunday Night. Current affairs program, hosted by Melissa Doyle. **9.45** Crimes That Shook The World. (MA15+) **10.45** Autopsy USA. (MA15+) **11.45** Blindspot. (M) **12.45** Grandfathered. (PG) **1.10** Mixology. (MA15+) **1.35** Mixology. (M) **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. (PG) **9.00** Shopping. **9.30** Harry's Practice. **10.00** House Of Wellness. (PG) **11.00** NBC Today. **12.00** Gymnastics. World Cup. **2.00** Australia's Best Drives. (PG) **2.30** Escape To The Continent. **4.00** Escape To The Country. **6.00** M\*A\*S\*H. **7.00** Motorway Patrol. (PG) **7.30** Border Security: Int. (PG) **8.30** Border Security. (PG) A fisherman is found with live bait. **9.30** Brit Cops. (M) **10.30** Border Security: Int. (PG) **11.30** Border Security. (PG) **12.30** Psychic TV. (M) **3.30** The Great Outdoors. **4.30** Australia's Best Drives. (PG) **5.00** The Outdoor Room.

## TEN

**6.00** Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** Australia By Design. **9.00** St10. (PG) **10.00** Motor Racing. Formula 1. Round 1. Australian Grand Prix. Race. **5.30** News. **6.30** The Sunday Project. Joins panellists for a look at the day's news, events and hot topics. **7.30** Bachelor In Paradise. (PG) New. Hosted by Osher Günsberg. **9.00** NCIS. (M) McGee's apartment serves as the venue for an informant and convicted killer's 48-hour furlough. **10.00** SEAL Team. (M) In search of a mobile phone linked to a terrorist network, Jason and the SEAL team enter a family home in Yemen. **11.00** The Sunday Project. **12.00** 48 Hours. (M) **1.00** Shopping. **4.30** CBS Morning.

## ONE

**6.00** Shopping. **8.00** Rugby Union. Super Rugby. Round 6. Melbourne Rebels v Sharks. **10.00** Soccer. International Friendly. Australia v Norway. Replay. **12.30** Operation Repo. (PG) **1.00** 4x4 Adventures. **2.00** CMC Music Awards. **4.00** Seafood Escape. **4.30** Whacked Out Sports. (PG) **4.40** Wonders Of Life. **6.00** Bondi Rescue. (PG) **6.30** Scorpion. (PG) **7.30** NCIS: LA. (M) **8.30** Attenborough's The Life Of Mammals. (PG) Final. **9.30** Cops: Adults Only. (PG) **10.00** Cops: AO. (M) **10.30** Rocky Mountain Railroad. (PG) **11.30** CSI: NY. (M) **12.30** Movie: Passion Play. (M) (2010) Mickey Rourke. **2.30** Countdown To Murder. **3.30** Operation Repo. (PG) **4.30** Cops: AO. (PG) **5.00** Cops: AO. (M) **5.30** Whacked Out Sports. (PG)

## ABC

**6.00** Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** The World This Week. **11.00** Compass. (PG) **11.30** Songs Of Praise. **12.00** ABC News At Noon. **12.30** Landline. **1.30** Gardening Australia. **2.30** Julia Zemiro's Home Delivery. **3.00** Antiques Roadshow. **4.00** The Mix. **4.35** The New Legends Of Monkey. (PG) **5.00** Death In Paradise. (PG) Final. **6.00** The Checkout. (PG) **6.30** Hard Quiz. (PG) **7.00** ABC News Sunday. **7.40** Grand Designs. (PG) **8.30** Melbourne Comedy Festival: The Gala. **10.30** Harrow. (M) **11.25** Silent Witness. (MA15+) **12.25** Rage. (MA15+) **3.05** Antiques Roadshow. **4.05** The Bill. (M) **5.00** Insiders.

## ABC COM

**6.00** Children's Programs. **5.10** Teacup Travels. **5.25** Kazoos! **5.30** Peppa Pig. **5.40** Charlie And Lola. **5.55** The Hive. **6.00** Octonauts. **6.15** WildWoods. **6.25** Go Jetters. **6.40** Jamillah And Aladdin. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? The Unseen Bits. **8.30** Melbourne Comedy Festival: The Gala. **10.30** Alan Davies: As Yet Untitled. (M) **11.15** Adam Hills: The Last Leg. (M) **12.00** Upstart Crow. (M) **12.30** Plebs. (M) **12.55** IdiotSitter. (M) **1.15** Murder In Successville. (M) **1.50** Dirty Laundry. (MA15+) **2.25** News Update. **2.30** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

## SBS

**6.00** WorldWatch. **7.00** Small Business Secrets. **7.30** WorldWatch. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Speedweek. **2.00** Basketball. NBL. Grand Final Series. **4.00** Arabic News F24. **4.30** Turkish News. **5.00** Small Business Secrets. **5.30** WWII's Great Escapes: The Freedom Trails. **6.30** News. **7.35** Eight Days That Made Rome. (M) Final. **8.30** Wasted! The Story Of Food Waste. **10.05** The Most Dangerous Man In America. New. **11.40** Kids On The Edge. **12.40** Movie: Hyde Park On Hudson. (M) (2012) **2.20** Movie: After The Storm. (PG) (2016) **4.30** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

## SBS VLND

**6.10** WorldWatch. **9.00** PopAsia TV. (PG) **10.00** Portuguese News. **10.50** Urdu News. **11.35** Hindi News. **12.00** Insight. **1.00** Front Up. **1.30** Needles And Pins. (PG) **2.20** 50 Ways To Kill Your Mammy. (PG) **3.10** VICE. (PG) **3.40** Abandoned. (PG) **4.30** States Of Undress. (PG) **5.20** How To Find Love Online. **6.20** Vs Arashii. (PG) **7.20** If You Are The One. (PG) **8.30** 24 Hours In Police Custody. (M) **9.30** RuPaul's Drag Race. (M) **10.25** Dragula. (MA15+) **11.20** Adam Looking For Eve (Finland) (MA15+) **12.10** Sex Box USA. (M) **1.00** Movie: The Pack. (MA15+) (2010) **2.40** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.30pm Captain Fantastic** (2016) Drama. Viggo Mortensen, George MacKay. (M) *Masterpiece*  
**6.40pm The Great Wall** (2017) Action. Matt Damon, Willem Dafoe. (M) *Premiere*  
**8.30pm Wonder Woman** (2017) Action. Gal Gadot, Chris Pine. (M) *Premiere*

## GENERAL

**6.40pm Grey's Anatomy** (MA15+) *Showcase*  
**7.30pm Fresh Off The Boat**. (PG) *FOX8*  
**8.30pm The Graham Norton Show**. (M) *UKTV*

## DOCUMENTARY

**6.30pm A Place In The Sun: Home Or Away**. (PG) *Lifestyle Home*  
**7.30pm Crimes That Shook Australia**. (M) *Crime & Investigation*

## SPORT

**11.30am Cricket**. First Test. New Zealand v England. Day 4.  
*Fox Sports 505*  
**1.00pm Football**. AFL. Round 1. GWS v Western Bulldogs.  
*Fox Sports 503*  
**2.30pm**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2503

# Sesame Lane Dakabin

Opening mid 2018

Cnr Old Gympie Road & Whitehorse Road

Sesame Lane inspire learning early through caring and educational experiences to enhance our Happy Healthy Learners to realise their best potential. Join the Sesame Lane family and experience the difference:

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Sliding Doors. (M) (1998) Gwyneth Paltrow, John Hannah, John Lynch. Two possible lives unfold for a public relations executive. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Travel Guides. Final. **8.30** To Be Advised. **9.30** 100% Footy. (M) **10.30** Better Late Than Never. (PG) Final. **11.30** The Bible. (M) **12.30** Motor Racing. Targa North West. From Tasmania. **1.00** Postcards. (PG) **1.30** TV Shop: Home Shopping. **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **11.00** Top Gear. (PG) **12.30** World's Funniest Videos Top 10 Countdown. (PG) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.30** Nexa Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Young Justice. (PG) **4.30** Ben 10. **5.00** Uncle Grandpa. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **8.30** Movie: Transformers: Revenge Of The Fallen. (M) (2009) **11.30** Big Bang. (PG) **12.00** Meet The Hockers. (M) **12.30** Friends. (PG) **1.30** Uncle Grandpa. (PG) **2.00** The Looney Tunes Show. **2.30** Pokémon. **3.00** Ben 10. **3.30** Beyblade Burst. **4.00** Steven Universe. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Ninja Steel. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: House Of Darkness. (M) (2016) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** Australian Spartan. (PG) Teams tackle an obstacle course, with each member relying on the help of their teammates to complete it. **9.15** The Resident. (M) Nic and Conrad decide to admit a homeless woman, much to Bell's dismay, and begin to suspect she was dumped by another hospital. **10.15** The Blacklist. (MA15+) The team pursues a vigilante group. **11.15** The Blacklist. (MA15+) **12.15** Talking Footy. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **6.30** Harry's Practice. **7.00** Flushed. **7.30** Hairy Legs. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** NBC Today. **10.30** NBC Press. **11.30** Australia's Best Drives. (PG) **12.00** Room For Improvement. **1.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Rosemary & Thyme. (PG) **8.30** Lewis. (M) **10.30** Blue Murder. (M) **11.30** Bargain Hunt. (PG) **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** The Great Outdoors. **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Late Programs.

## TEN

**6.00** The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Bachelor In Paradise. (PG) One bachelor is left reeling by a show of disrespect from some they considered a friend. **9.00** Law & Order: S.V.U. (M) After Carisi learns of his niece reporting a classmate for sexual assault, he opens a police investigation. **10.00** Law & Order: S.V.U. (M) A man is found castrated and left for dead. **11.00** The Project. **12.00** Stephen Colbert. (PG) **1.00** Shopping. **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00** Operation Repo. (PG) **9.00** iFish. (PG) **10.00** Rocky Mountain Railroad. (PG) **11.00** Cheers. (PG) **12.00** Get Smart. (PG) **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Happy Days. **7.30** MacGyver. (M) **8.30** NCIS. (M) **11.30** Super Rugby Extra Time. **12.30** Home Shopping. **2.00** Happy Days. **3.00** Cheers. (PG) **4.00** Matlock. (M) **5.00** Diagnosis Murder. (PG)

## ABC

**6.00** News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Grand Designs. (PG) **12.00** ABC News At Noon. **1.00** Landline. **2.00** Parliament Question Time. **3.00** Gardening Australia. **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.15** Media Watch. (PG) **9.35** Q&A. **10.40** ABC Late News. **11.10** The Business. **11.30** Golf. USPGA Tour. World Championships. Dell Technologies Match Play. From Austin Country Club, Austin, Texas. **12.20** Parliament Question Time. **1.25** Rage. (MA15+) **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

## ABC COM

**6.00** Children's Programs. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Rosehaven. (PG) **8.30** Rosehaven. (M) **8.55** To Be Advised. **9.00** Tonightly With Tom Ballard. (M) **9.30** Fleabag. (M) Final. **9.55** Inside Amy Schumer. (M) **10.20** #Celeste Challenge Accepted. (M) **10.30** Red Dwarf. (PG) **11.00** The Office. (PG) **11.20** 30 Rock. (M) **11.40** Parks And Recreation. (PG) **12.05** Tonightly With Tom Ballard. (M) **12.35** Red Dwarf. (PG) **1.05** The Office. (PG) **1.25** Parks And Recreation. (PG) **1.45** News Update. **1.50** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

## SBS

**6.00** WorldWatch. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** André Rieu: Live In Sydney. (PG) **3.00** Secrets Of The Brain. (PG) **4.00** Wild Canada. **5.00** In My Mind: Women. News. **5.30** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.35** Great British Royal Ships. **8.30** Michael Mosley: Trust Me, I'm A Doctor. **9.30** 24 Hours In Emergency. (M) **10.30** SBS News. **11.00** The World Game. **11.30** Just One Look. (M) **12.30** Just One Look. (M) Final. **1.30** Italy 1992. (MA15+) **2.35** Italy 1992. (MA15+) **3.30** Italy 1992. (MA15+) **4.30** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

## SBS VLND

**6.00** WorldWatch. **12.00** Movie: Blue. (M) (2009) **2.05** Dark Net. (M) **2.50** The Pizza Show. **3.15** Vs Arashi. (PG) **4.10** The Mindy Project. (PG) **4.35** Cyberwar. (PG) **5.00** News. **5.25** If You Are The One. (PG) **6.40** Brooklyn Nine-Nine. (PG) **7.05** Brooklyn Nine-Nine. **7.35** Soccer. Women's International Friendly. Australia v Thailand. **10.15** The Feed. **10.45** Travel Man. (PG) **11.15** Untitled Action Bronson Show. (MA15+) **11.40** Untitled Action Bronson Show. (MA15+) **12.05** Untitled Action Bronson Show. (MA15+) **12.30** Untitled Action Bronson Show. (MA15+) **12.55** The Cleveland Strangler. (M) **1.45** Black Market: Dispatches. (M) **2.10** The Feed. **2.40** CGTN English News. **3.00** WorldWatch.



## MOVIES

**6.15pm** The Light Between Oceans (2016) Drama. Michael Fassbender, Alicia Vikander. (M) *Masterpiece*  
**6.40pm** The Confirmation (2016) Comedy. Clive Owen, Maria Bello. (PG) *Comedy*  
**8.30pm** Something's Gotta Give (2003) Comedy. Jack Nicholson, Diane Keaton. (M) *Romance*

## GENERAL

**4.00pm** The Mindy Project. (M) *Universal Channel*  
**8.30pm** Tin Star. (MA15+) *BBC First*

## DOCUMENTARY

**7.30pm** Super Predator. (M) *Animal Planet*  
**7.30pm** Jay Leno's Garage. (PG) *Discovery Turbo*

## SPORT

**10.00am** Golf. USLPGA Tour. Kia Classic. Final round. *Fox Sports 505*  
**2.40pm** Cricket. First Test. New Zealand v England. Day 5. *Fox Sports 503*  
**8.30pm** Soccer. Women's International Friendly. Australia v Thailand. *Fox Sports 501*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Tender Mercies. (PG) (1983) Robert Duvall, Tess Harper. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Young Sheldon. (PG) New. **8.00** The Big Bang Theory. (PG) Return. **8.30** Movie: Transformers: Dark Of The Moon. (M) (2011) Shia LaBeouf, Rosie Huntington-Whiteley, Tyrese Gibson. The Autobots discover humans have been hiding the existence of a crashed spacecraft on the Moon. **11.30** Mom. (M) **12.00** 20/20. **12.50** My Surf TV. **1.20** Garden Gurus. **2.00** Extra. **2.30** Global Shop. **3.00** Skippy. **3.30** GMA. **5.00** News. **5.30** Today.

## GO!

**6.00** Children's Programs. **11.00** Friends. (PG) **12.00** Total Divas. (M) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.00** Pokémon. **3.30** Nexō Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Young Justice. (PG) **4.30** Ben 10. (PG) **5.00** Uncle Grandpa. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Science Of Stupid. (M) **8.30** Movie: Daylight. (M) (1996) **10.45** Big Bang. (PG) **11.15** To Be Advised. **12.45** Friends. (PG) **1.15** Mike Tyson Mysteries. (MA15+) **2.00** The Looney Tunes Show. **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Steven Universe. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Ninja Steel. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Deadly Visions. (M) (2013) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Ryder and Coco's romance causes friction with Raffy. **7.30** Border Security: America's Front Line. (PG) At JFK officers struggle with a couple's fluctuating currency declaration. **8.30** Movie: The Man From U.N.C.L.E. (M) (2015) Henry Cavill, Armie Hammer, Alicia Vikander. The CIA and KGB participate in a joint mission. **11.00** Grey's Anatomy. (M) **12.00** Cosmetic Coffee. (M) **12.30** Mixology. (M) **1.00** Whodunnit? (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **6.30** Harry's Practice. **7.00** Flushed. **7.30** Hair's Legs. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** To Be Advised. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Pie In The Sky. (PG) A groom's briefcase is stolen from his hotel. **8.30** Inspector Morse. (M) Inspector Morse tries to investigate after an English woman is killed in Italy in a freak accident. **10.30** Suspects. (M) **11.30** Bargain Hunt. (PG) **1.00** Auction Squad. **2.00** This Rugged Coast. **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

## TEN

**6.00** The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. A look at the day's news. **7.30** Bondi Rescue. Follows the work of elite lifeguards. **8.00** Bondi Rescue. (PG) **8.30** Hughesy, We Have A Problem. (M) Hosted by Dave Hughes. **9.30** NCIS: LA. (M) Callen, Sam, Kensi and Deeks work with Hetty's team from the Vietnam War on a dangerous rescue mission. **10.30** NCIS: LA. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00** Super Rugby Extra Time. **9.00** Star Trek: Voyager. (PG) **10.00** Reel Action. **10.30** Hogan's Heroes. **11.00** Cheers. (PG) **12.00** Get Smart. (PG) **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Super Rugby Extra Time. **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Happy Days. **7.30** 48 Hours. **8.30** VF Confidential. (M) **9.30** Countdown To Murder. (M) Final. **10.30** CSI: Miami. (M) **11.30** CSI: Miami. (MA15+) **12.30** Home Shopping. **2.00** Get Smart. (PG) **2.30** Star Trek: Voyager. (PG) **3.30** Matlock. (M) **4.30** Soccer. International Friendly. Australia v Colombia. From Craven Cottage, London, England.

## ABC

**6.00** News Breakfast. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **1.00** Four Corners. **1.45** Media Watch. (PG) **2.00** Parliament Question Time. **3.00** Ask The Doctor. (PG) **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** The Checkout. **8.30** The Human Body: Secrets Of Your Life Revealed. **9.30** Jesus: Countdown To Calvary. (M) **10.25** ABC Late News. **10.55** The Business. **11.15** Q&A. **12.25** Parliament Question Time. **1.25** Rage. (MA15+) **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

## ABC COM

**6.00** Children's Programs. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** Floogals. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Extras. (M) **8.30** Extras. (M) **9.00** Tonightly With Tom Ballard. (M) **9.30** Plebs. (M) **9.55** Idiotsitter. (M) **10.15** Virgin Bush. (M) New. **10.30** Red Dwarf. **11.05** The Office. (PG) **11.25** 30 Rock. (PG) **11.45** Parks And Recreation. (PG) **12.10** Tonightly With Tom Ballard. (M) **12.35** Red Dwarf. (M) **1.05** The Office. (PG) **1.30** 30 Rock. (PG) **1.50** Parks And Recreation. (PG) **2.10** News Update. **2.15** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

## SBS

**6.00** WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Creative Minds. (PG) **2.50** Together We Dance: Sydney Forro Dance. **3.00** Kylie Kwong: My China. **3.30** Rise Of The Machines. **4.20** World's Biggest Sea Battle. (PG) **5.30** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.30** Who Do You Think You Are? **8.30** Insight. **9.30** Dateline. **10.00** Sex In Seoul. **10.30** SBS News. **11.00** Spiral. Return. **12.10** Spiral. **1.20** Movie: The Eichmann Show. (M) (2015) **3.05** Movie: Marshland. (MA15+) (2014) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

## SBS VLND

**6.00** WorldWatch. **12.00** Movie: Paper Birds. (M) (2010) **2.10** Brainwashed By Westboro Baptist Church. (M) **3.00** PopAsia TV. (PG) **4.00** The Mindy Project. (PG) **4.25** Balls Deep. (PG) **4.55** News. **5.25** If You Are The One. (PG) **6.40** Brooklyn Nine-Nine. (PG) **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** Drunk History UK. (M) **8.30** Being Transgender. **9.20** It's Not Just Me. (MA15+) **10.30** Knightfall. (MA15+) **11.20** Deportee Purgatory. **12.10** News. **12.35** Desus And Mero. (M) **1.00** Walking Heavy. **1.50** The Feed. **2.20** RT News In English From Moscow. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**8.30pm The Girl On The Train** (2016) Crime. Emily Blunt, Justin Theroux. (MA15+) *Premiere*  
**8.30pm Churchill** (2016) Drama. Brian Cox, Miranda Richardson. (M) *Masterpiece*  
**9.05pm The Princess Bride** (1987) Adventure. Cary Elwes, Robin Wright. (PG) *Family*

## GENERAL

**3.00pm Outback Truckers.** (PG) A&E  
**8.30pm Murdoch Mysteries.** (M) *13th Street*

## DOCUMENTARY

**7.25pm MasterChef: The Professionals.** (PG) *Lifestyle Food*  
**7.30pm The Art Show.** (PG) *Foxtel Arts*  
**7.30pm America's Greatest Threat: Putin.** (M) *History*

## SPORT

**6.00am Tennis.** ATP World Tour Masters 1000. Miami Open. Third round. *ESPN2*  
**10.00am Basketball.** College. NCAA Women's Championship. *ESPN*

**Classifications:** (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Red Dawn. (M) (2012) Chris Hemsworth, Adrienne Palicki. North Korea invades America. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Young Sheldon. (PG) **8.00** The Big Bang Theory. (PG) **8.30** Movie: Transformers: Age Of Extinction. (M) (2014) Mark Wahlberg, Stanley Tucci, Nicola Peltz. An inventor and his family are forced to go on the run after discovering a giant alien robot. **11.45** The AFL Footy Show. (M) **1.15** Teens Behind Bars. (M) **2.15** Nine Presents. **2.30** Global Shop. **3.00** Skippy. **3.30** GMA. **5.00** News. **5.30** Today.

## GO!

**6.00** Children's Programs. **11.00** Friends. (PG) **12.00** Total Divas. (M) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.00** Pokémon. **3.30** Nexo Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Young Justice. (PG) **4.30** Ben 10. (PG) **5.00** Uncle Grandpa. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Top Gear. (M) **9.00** Movie: Wanted. (MA15+) (2008) **11.15** Street Outlaws. (M) **12.15** Friends. (PG) **1.15** Mike Tyson Mysteries. (MA15+) **1.30** Uncle Grandpa. (PG) **2.00** The Looney Tunes Show. (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Steven Universe. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Ninja Steel. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Bad Sister. (M) (2015) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) A shock visitor changes Alf and Roo's worlds forever. **8.30** Movie: Lucy. (M) (2014) Scarlett Johansson, Morgan Freeman, Min-Sik Choi. A woman unlocks the potential of her brain. **10.30** World's Angriest. (PG) **11.30** Big Kitchens. (PG) A look inside the kitchens at Fort Bragg, one of the biggest US Army bases in the world, which feeds 12,000 soldiers a week. **12.00** Powerless. (M) Final. **12.30** Heroes Reborn. (M) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **6.30** Harry's Practice. **7.00** Flushed. **7.30** Hair's Legs. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** To Be Advised. **2.00** Million Dollar Minute. **3.00** Harry's Practice. Information about pet care. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) Two teams of contestants compete. **7.30** Pie In The Sky. (PG) **8.30** A Touch Of Frost. (M) Frost is up for a promotion, but thoughts of this are put aside when a boy goes missing. **10.30** Families Of Crime. (M) **11.30** Bargain Hunt. (PG) **1.00** Auction Squad. **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

## TEN

**6.00** The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** Jamie's Thirty Minute Meals. **1.30** Jamie's Thirty Minute Meals. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Bondi Rescue. (PG) **8.00** Bondi Rescue. (PG) **8.30** The Graham Norton Show. (M) Hosted by Graham Norton. **9.30** This Is Us. Kevin goes back to his high school to accept an award. Jack and Rebecca get excited about their kids' futures. **10.30** Hawaii Five-O. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

## ONE

**6.00** Soccer. International Friendly. Australia v Colombia. Continued. From Craven Cottage, London, England. **7.00** Home Shopping. **8.00** Get Smart. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Reel Action. **10.30** Hogan's Heroes. **11.00** Cheers. (PG) **12.00** Get Smart. (PG) **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Happy Days. **7.30** Hawaii Five-O. (M) **8.30** Wonders Of Life. **9.50** Bondi Rescue. (PG) **10.20** Bondi Rescue. **10.50** NCIS. (M) **12.50** Home Shopping. **2.20** Whacked Out Sports. (PG) **2.30** Get Smart. (PG) **3.00** Star Trek: Voyager. (PG) **4.00** Matlock. (M) **5.00** Diagnosis Murder. (PG)

## ABC

**6.00** News. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **12.30** Press Club. **1.30** Aust Story. **2.00** Parliament. **3.10** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. (PG) **7.00** ABC News. **7.30** 7.30. **8.00** Hard Quiz. **8.30** Shaun Micallef's MAD AS HELL. (M) **9.00** Sando. (M) **9.30** Insert Name Here. (M) **10.00** Tonightly With Tom Ballard. (M) **10.30** ABC Late News. **11.00** The Business. **11.20** Four Corners. **12.05** Media Watch. (PG) **12.20** Parliament Question Time. **1.20** Insert Name Here. (M) **1.55** The Story Of Bran Nue Dae. **2.20** National Press Club Address. **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

## ABC COM

**6.00** Children's Programs. **5.40** Floogals. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Black Books. (PG) **8.25** Black Books. (PG) **8.50** To Be Advised. **9.00** Tonightly With Tom Ballard. (M) **9.30** The Trip To Spain. (M) **10.00** The Trip To Spain. (M) **10.30** Red Dwarf. (PG) **11.00** The Office. (PG) **11.20** 30 Rock. (PG) **11.45** Parks And Recreation. (PG) **12.05** Tonightly With Tom Ballard. (M) **12.35** Red Dwarf. (PG) **1.05** The Office. (PG) **1.25** 30 Rock. (PG) **1.50** Parks And Recreation. (PG) **2.10** News Update. **2.15** Close. **2.50** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

## SBS

**6.00** WorldWatch. **8.40** French News. **9.30** Greek News. **9.45** Soccer. International Friendly. Peru v Iceland. **12.15** Arabic News. **12.30** Turkish News. **1.15** PBS News. **1.55** Who Do You Think You Are? (PG) **3.00** Dateline. **3.30** Insight. **4.30** Pan-American Road Trip. (PG) **5.30** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.30** Great Continental Railway Journeys. (PG) **8.30** Ministeries: Safe Harbour. (MA15+) **9.40** The Good Fight. **10.40** Berlin Station. (M) **11.35** SBS News. **12.05** Movie: The Cliff. (2016) **1.55** Inspector Montalbano. (M) **4.00** STUDIO At The MEMO With Tim Rogers. (M) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

## SBS VLND

**6.00** WorldWatch. **11.35** Hindi News. **12.00** Movie: Remembrance. (M) (2011) **2.00** The Escobar Effect. (M) **2.50** Over The Black Dot. **3.50** The Mindy Project. (PG) **4.15** Woman With Gloria Steinem. (PG) **4.40** Woman With Gloria Steinem. (PG) **5.05** News. **5.30** If You Are The One. (PG) **6.40** Brooklyn Nine-Nine. (PG) **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** Brooklyn Nine-Nine. (M) **8.30** The Crystal Maze. (PG) **9.30** Movie: The Rise. (MA15+) (2013) **11.35** Movie: 11.6. (M) (2013) **1.25** News. **1.50** Desus And Mero. (M) **2.15** The Feed. **2.45** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**8.30pm Assassin's Creed** (2016) Action. Michael Fassbender, Marion Cotillard. (M) *Premiere*  
**8.30pm Sunan** (2016) Comedy. Efthymis Papadimitriou, Panos Koronis. (MA15+) *Masterpiece*  
**10.20pm The Sea Of Trees** (2015) Drama. Matthew McConaughey, Naomi Watts. (M) *Masterpiece*

## GENERAL

**1.35pm The Real Housewives Of Beverly Hills**. (M) *Arena*  
**3.00pm Outback Truckers**. (PG) *A&E*

## DOCUMENTARY

**7.30pm Alaska: The Last Frontier**. (M) *Discovery*  
**8.30pm Mafia Women With Trevor McDonald**. (M) *Crime & Investigation*

## SPORT

**6.00am Soccer**. International Friendly. Australia v Colombia. *Fox Sports 501*  
**3.30pm Cricket**. Women's Twenty20 Tri-Series. Australia v England. Game 5. *Fox Sports 505*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Extra. **1.30** Movie: The Incredible Burt Wonderstone. (M) (2013) Steve Carell, Steve Buscemi. A magician tries to revive his career. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** Rugby League. NRL. Round 4. North Queensland Cowboys v Penrith Panthers. From 1300Smiles Stadium, Queensland. **8.55** The NRL Footy Show. (M) **10.10** Arnie's Greatest Ever Stunts. (PG) **11.55** Border Rico. (PG) **12.25** House Husbands. (PG) **1.30** TV Shop: Home Shopping. **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News. **5.30** Today.

## GO!

**6.00** Children's Programs. **11.00** Friends. (PG) **12.00** Total Divas. (M) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.30** Nexo Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Young Justice. (PG) **4.30** Ben 10. (PG) **5.00** Uncle Grandpa. (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **7.30** Robot Wars. (PG) **8.30** Survivor: Ghost Island. (PG) **9.30** Movie: The Inbetweeners Movie. (MA15+) (2011) **11.30** WWE Raw. (M) **12.30** Friends. (PG) **1.30** Uncle Grandpa. (PG) **2.00** The Looney Tunes Show. (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Steven Universe. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Ninja Steel. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Stranger In The House. (M) (2016) **2.00** Daily Edition. **3.00** Countdown To The Gold Coast. (PG) **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** Surveillance Oz: Australia's Dumbest Criminals. (PG) **8.30** World's Deadliest Weather: Caught On Camera. (PG) A look at the Boxing Day tsunami, which caught tourists unprepared as waves crashed into 14 countries, killing 250,000 people. **9.30** Ramsay's Hotel Hell. (M) **10.30** Ramsay's Kitchen Nightmares USA. (M) **11.30** The Goldbergs. (PG) **12.00** Code Black. (M) **1.00** Harry's Practice. **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **6.30** Harry's Practice. **7.00** Flushed. **7.30** Hairy Legs. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Gold Coast 2018 Preview Show. **1.00** To Be Advised. **2.00** Million Dollar Minute. **2.30** Countdown To The Gold Coast. (PG) **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Countdown To The Gold Coast. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Father Brown. (M) **8.30** Murdoch Mysteries. (M) While investigating a golfer's murder, Murdoch becomes obsessed with the game. **11.30** Bargain Hunt. (PG) **12.30** Psychic TV. (M) **3.30** Harry's Practice. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

## TEN

**6.00** The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** Jamie's Thirty Minute Meals. **1.30** Jamie's Thirty Minute Meals. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Show Me The Movie! (PG) Hosted by Rove McManus. **8.30** Gogglebox. (M) TV fanatics open up their living rooms to reveal their reactions to popular and topical TV shows. **9.30** Blue Bloods. (MA15+) Jamie and Eddie deliver a baby. **10.30** Blue Bloods. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00** Get Smart. (PG) **9.00** Star Trek: Voyager. (PG) **10.00** Reel Action. **10.30** Hogan's Heroes. **11.00** Cheers. (PG) **12.00** Get Smart. (PG) **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** Happy Days. **7.30** Rocky Mountain Railroad. (PG) **Final. 8.30** Bondi Rescue. (PG) **9.00** Movie: The Samaritan. (MA15+) (2012) Samuel L Jackson, Tom Wilkinson, Luke Kirby. **11.00** SEAL Team. (M) **12.00** Highlander. (M) **1.00** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Matlock. (M) **4.00** Star Trek: Voyager. (PG) **5.00** Highlander. (M)

## ABC

**6.00** News. **9.00** ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **1.00** The Human Body: Secrets Of Your Life Revealed. (M) **2.00** The Cook And The Chef. **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** Drum. **6.00** Think Tank. (PG) **6.55** Sammy J. **7.00** ABC News. **7.30** 7.30. **8.00** Call The Midwife. (M) **9.00** Unforgotten. (M) **9.50** Scott & Bailey. (M) **10.35** ABC Late News. **11.05** The Business. **11.25** No Offence. (M) **12.10** No Offence. (MA15+) **Final. 1.00** Unforgotten. (M) **1.45** Scott & Bailey. (M) **2.55** The A-Z Of Contemporary Art. (PG) **3.20** Antiques Roadshow. **4.25** Murder, She Wrote. (PG) **5.10** The Bill. (PG)

## ABC COM

**6.00** Children's Programs. **5.25** Kazoos! **5.30** Peppa Pig. **5.40** Floogals. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Frontline. (PG) **8.25** Frontline. (PG) **8.55** Sammy J. **9.00** Tonightly With Tom Ballard. (M) **9.30** Sando. (M) **10.00** Murder In Successville. (M) **10.30** Red Dwarf. **11.00** The Office. (PG) **11.20** 30 Rock. (M) **11.45** Parks And Recreation. (PG) **12.05** Tonightly With Tom Ballard. (M) **12.35** Red Dwarf. **1.05** The Office. (PG) **1.25** 30 Rock. (M) **1.50** Parks And Recreation. (PG) **2.10** News Update. **2.15** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

## SBS

**6.00** WorldWatch. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **1.55** The Marngrook Footy Show. **3.25** Digging For Britain's Secrets. **4.25** The Story Of Egypt. (PG) **5.30** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.30** Railway Journeys UK. **8.05** Luke Nguyen's Food Trail. **8.35** The Diet Testers. (PG) **9.30** Knightfall. (MA15+) **Final. 10.30** The Bridge. (M) **11.40** SBS News. **12.10** Movie: Outside The Law. (MA15+) (2010) **2.40** The Island: Men's Island. (MA15+) **3.35** The Island: Men's Island. (M) **4.30** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

## SBS VLND

**6.00** WorldWatch. **12.00** Movie: All Our Desires. (M) (2011) **2.05** Kingdom Of The Little People. (M) **2.55** Dead Set On Life. (PG) **3.20** Dead Set On Life. (PG) **3.45** Dateline. **4.15** The Mindy Project. (PG) **4.40** Tattoo Age. (PG) **5.05** News. **5.30** If You Are The One. (PG) **6.40** Brooklyn Nine-Nine. (PG) **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** On-Demand Picks. (PG) **8.05** Full Frontal. (MA15+) **9.00** Rockwiz. (PG) **10.00** On The Piste. (M) **10.50** On The Piste. (MA15+) **11.40** On The Piste. (MA15+) **12.30** News. **1.00** Desus And Mero. (M) **1.25** Dig. (MA15+) **2.10** Outsider: World's Weirdest Films. (M) **2.35** Deutsche Welle. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** WorldWatch.



## MOVIES

**6.25pm Suicide Squad** (2016) Action. Will Smith, Margot Robbie. (M) **Action** **6.30pm War Dogs** (2016) Comedy. Jonah Hill, Miles Teller. (M) **Comedy** **8.30pm Snatched** (2017) Comedy. Amy Schumer, Goldie Hawn. (MA15+) **Premiere**

## GENERAL

**8.30pm Project Runway All Stars.** (PG) **Arena** **8.30pm Suits.** (M) **Universal Channel**

## DOCUMENTARY

**7.30pm Soundbreaking.** **Foxtel Arts** **8.30pm Grand Designs UK: House Of The Year.** (PG) **Lifestyle** **8.30pm The Menendez Murders: Erik Tells All.** (M) **Crime & Investigation**

## SPORT

**7.50pm Football.** AFL. Round 2. Adelaide v Richmond. **Fox Footy** **8.05pm Rugby League.** NRL. Round 4. North Queensland Cowboys v Penrith Panthers. **Fox League**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Who Do You Think You Are? (PG) **2.00** Rugby League. NRL. Round 4. South Sydney Rabbitohs v Canterbury Bulldogs. From ANZ Stadium, Sydney. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** Rugby League. NRL. Round 4. Cronulla Sharks v Melbourne Storm. From Southern Cross Group Stadium, Sydney. **9.55** Top Gear. (PG) **11.25** The Closer. (M) **12.25** Bangkok Airport. (M) **1.30** TV Shop: Home Shopping. **2.00** Filthy Rich. (M) **3.00** The Avengers. (PG) **4.00** Global Shop. **4.30** The Baron. (PG) **5.30** Good Morning America.

## GO!

**6.00** Children's Programs. **11.00** Friends. (PG) **12.00** Baggage Battles. (PG) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **3.30** Nexo Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Young Justice. (PG) **4.30** Ben 10. (PG) **5.00** Uncle Grandpa. (PG) **5.30** Adv Time. (PG) **6.00** To Be Advised. **7.30** Movie: Lemony Snicket's A Series Of Unfortunate Events. (PG) (2004) **9.40** Movie: The Truman Show. (PG) (1998) **11.40** WWE Smackdown. (MA15+) **12.40** Total Divas. (M) **1.30** Uncle Grandpa. (PG) **2.00** The Looney Tunes Show. (PG) **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Steven Universe. (PG) **4.30** Adv Time. (PG) **4.50** Power Rangers Ninja Steel. (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **10.00** Countdown To The Gold Coast. (PG) **5.00** The Chase Aust. **6.00** News. **7.00** Better Homes. John catches up with paralympian Kurt Fearnley at his newly renovated home. Adam makes a sandpit digger. **8.30** Movie: The Green Mile. (M) (1999) Tom Hanks, Michael Clarke Duncan, David Morse. An elderly man recalls his time as a prison guard where he befriended a man with an unusual gift. **12.15** Code Black. (M) Guthrie's estranged son joins Angels Memorial and clashes with Leanne over their differing approaches. **1.15** Harry's Practice. Information about pet care. **2.00** Shopping. **4.00** The Great Outdoors. Join Tom in Canada's Rocky Mountains. **5.00** NBC Today. News and current affairs.

## 7TWO

**6.00** Shopping. **6.30** Harry's Practice. **7.00** Flushed. **7.30** Hair's Legs. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** House Of Wellness. (PG) **1.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Countdown To The Gold Coast. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Air Crash Investigation. (PG) **8.30** Martin Clunes: Islands Of Australia. (PG) Part 3 of 3. **9.30** Building The Dream. **10.30** The House That £100K Built. (PG) **11.30** Bargain Hunt. (PG) **12.30** Harry's Practice. **1.00** Psychic TV. (M) **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

## TEN

**6.00** The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** The Living Room. (PG) **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Living Room. (PG) **8.30** Hughesy, We Have A Problem. (M) Host Dave Hughes is joined by Josh Thomas, Susie Youssef, Charlie Pickering and Meshel Laurie. **9.30** The Graham Norton Show. (M) Graham chats with Saoirse Ronan, Rob Beckett, and Will & Grace stars Eric McCormack and Debra Messing. **10.30** To Be Advised. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

## ONE

**6.00** Home Shopping. **8.00** Motor Racing. Formula 1. Round 1. Australian Grand Prix. Race. Replay. From Albert Park, Melbourne. **10.30** Hogan's Heroes. **11.00** Cheers. (PG) **12.00** Get Smart. (PG) **1.00** The Doctors. (PG) **2.00** Happy Days. **3.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (M) **11.30** NCIS: Los Angeles. (M) **12.30** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Walker, Texas Ranger. (M)

## ABC

**6.00** News Breakfast. **9.00** ABC News Mornings. **9.30** The Cook And The Chef. **10.00** Antiques Roadshow. **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **12.30** Tractor Monkeys. (PG) **1.00** One Plus One. **1.30** Meet The Mavericks. (M) **2.00** Call The Midwife. (M) **3.00** Hatch, Match And Dispatch. (PG) **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News. **5.30** To Be Advised. **6.00** Think Tank. (PG) **7.00** ABC News. **7.30** Gardening Australia: Easter Special. **8.30** Harrow. (M) **9.25** Silent Witness. (M) **10.25** ABC Late News. **10.55** Shaun Micallef's MAD AS HELL. (M) **11.25** To Be Advised. **12.00** Rage. (MA15+) **5.00** Rage. (PG)

## ABC COM

**6.00** Children's Programs. **5.40** Floogals. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** The Highway Rat. **6.55** Hey Duggee. **7.00** Peppa Pig. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Hard Quiz. **8.30** Shaun Micallef's MAD AS HELL. (M) **9.00** Tonightly With Tom Ballard. (M) **9.30** Upstart Crow. (PG) **10.00** The Thick Of It. (M) **10.30** Red Dwarf. (PG) **11.00** The Office. (PG) **11.25** 30 Rock. (M) **11.45** Parks And Recreation. (PG) **12.10** Tonightly With Tom Ballard. (M) **12.35** Red Dwarf. (PG) **1.05** The Office. (M) **1.30** 30 Rock. (M) **1.50** Parks And Recreation. (PG) **2.15** News Update. **2.20** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

## SBS

**6.00** WorldWatch. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** The Point. **3.00** NITV News Week In Review. **3.30** Poh's Kitchen. **4.00** Poh's Kitchen. **4.30** Luke Nguyen's United Kingdom. **5.00** Luke Nguyen's United Kingdom. **5.30** Letters And Numbers. **6.00** River Cottage Australia. **6.30** News. **7.30** Railway Journeys UK. **8.05** Railway Journeys UK. **8.40** Homeland. (MA15+) **9.40** Movie: The Right Stuff. (1983) **1.20** Movie: Take This Waltz. (MA15+) (2011) **3.30** Deutschland 83. (M) **4.25** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

## SBS VLND

**6.00** WorldWatch. **12.00** Movie: Anne Of Green Gables. (PG) (2016) **1.35** It's Supertime! (PG) **2.00** States Of Undress. (PG) **2.50** States Of Undress. (PG) **3.40** Dateline. **4.10** The Mindy Project. (PG) **4.35** Most Expensive. **5.00** News. **5.25** If You Are The One. **6.40** The Classic Car Show. (PG) **7.30** Batman. (PG) **8.00** Batman. (PG) **8.30** Adam Looking For Eve. (MA15+) **9.25** Atlanta. (M) **9.50** Queer As Folk. (MA15+) **10.45** The Handmaid's Tale. (MA15+) **11.40** The Handmaid's Tale. (MA15+) **12.30** News. **12.55** Desus And Mero. (M) **1.20** PopAsia TV. (PG) **2.20** NHK World English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** WorldWatch.



## MOVIES

**6.10pm Guardians Of The Galaxy Vol. 2** (2017) Action. Chris Pratt, Zoe Saldana. (M) *Premiere* **8.30pm No Country For Old Men** (2007) Crime. Tommy Lee Jones, Javier Bardem. (MA15+) *Masterpiece* **9.10pm Paddington** (2014) Family. Hugh Bonneville, Nicole Kidman. (G) *Family*

## GENERAL

**3.00pm Outback Truckers.** (PG) A&E **7.25pm Holby City.** (PG) BBC **8.30pm Fugitives.** (MA15+) *Showcase*

## DOCUMENTARY

**9.30pm My Big Fat Fabulous Life.** (PG) TLC **9.30pm Vet On The Hill.** (PG) *Lifestyle* **9.30pm Banged Up Abroad.** (M) *National Geographic*

## SPORT

**4.20pm Football.** AFL. Round 2. North Melbourne v St Kilda. *Fox Footy* **7.45pm Soccer.** A-League. Round 25. Adelaide United v Wellington Phoenix. *Fox Sports 501* **8.05pm Rugby League.** NRL. Round 4. Cronulla Sharks v Melbourne Storm. *Fox League*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

3003

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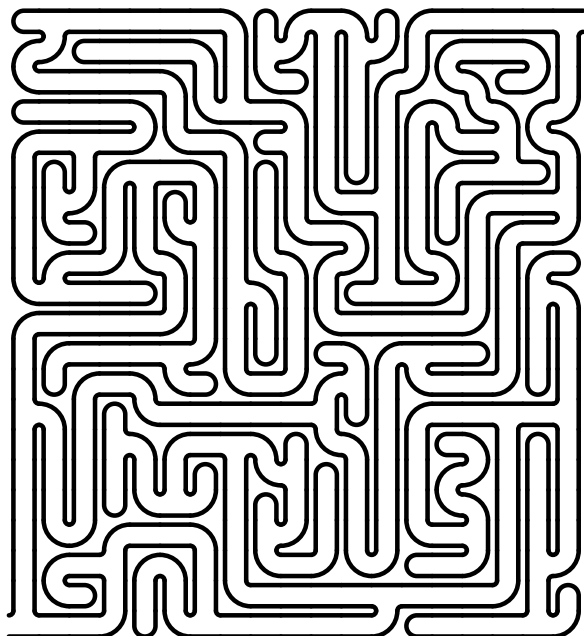
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## AMAZING MAZES



## CROSSWORD SOLUTION FROM LAST ISSUE

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# Crossword 6510

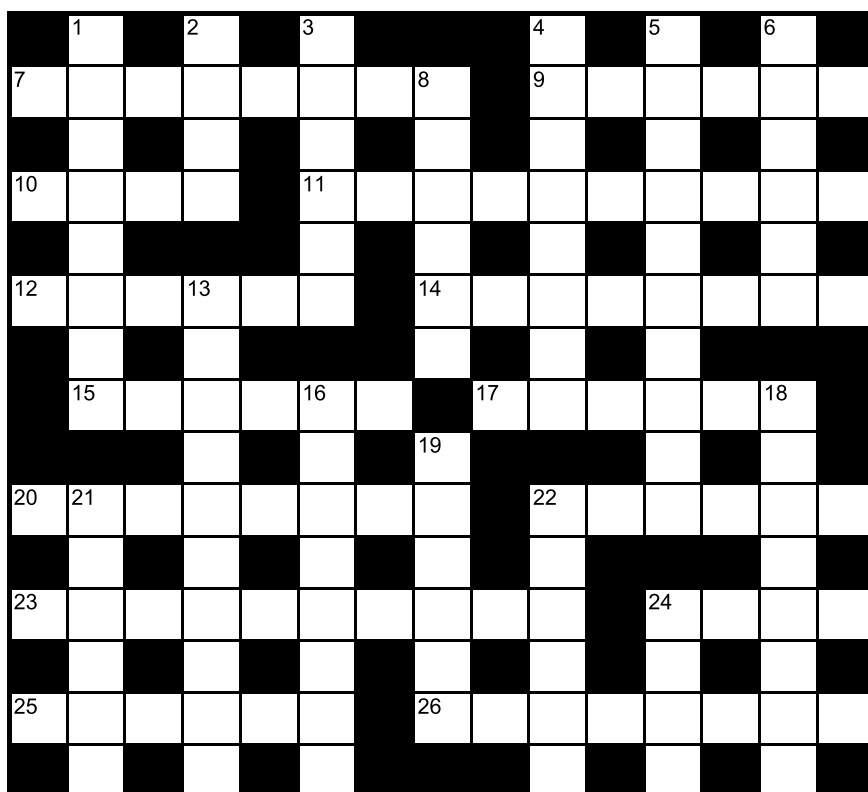
Cover star looks, page 31 crosswords by Laurie Stibbe

## ACROSS

- 7 Makes off with the firm's money
- 9 Distant view of wide area
- 10 Part of a human's skeleton
- 11 A bomb in a bull
- 12 Periodic population count
- 14 Tooth doctors
- 15 Lying down, face upwards
- 17 Metal used in making magnets
- 20 Determine the value of an object
- 22 Country north of USA
- 23 Officer in charge of military unit
- 24 Feel concern or interest
- 25 Large 88 Key instruments
- 26 Add explanatory notes to text

## DOWN

- 1 Midriiffs
- 2 Prolonged pain
- 3 Australian & N.Z. troops
- 4 Pertaining to a countrry
- 5 Ghostly appearing figure
- 6 Sth American wildcat
- 8 Reprimands
- 13 Add to the very end
- 16 Proximity
- 18 Persistent in wrongdoing
- 19 Silver State, USA
- 21 Small tringed instrument
- 22 Making reference to
- 24 Attractive, as with a baby



## COMMUNITY NOTICE BOARD ONLINE

Are you looking for something to do? Visit the region's foremost community guide where you'll find like-minded individuals of all interests, events, local special interest groups for all ages, guidance and support if you need it.

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The Community Notice Board is a free service provided by the Messenger for community, social and non-profit organisations

To post email: [community@northlakesmessenger.com.au](mailto:community@northlakesmessenger.com.au)

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise



# WIDESPREAD CONCERN ON HOUSING AFFORDABILITY AND RETIREMENT

**New research on attitudes to property investment and saving for retirement has revealed widespread concern over affordable housing and support from a majority of non-property investors for changes to negative gearing.**

The research released at the recent Conference of Major Super Funds in Brisbane - revealed that four out of five of those surveyed were concerned that rising housing prices are locking young people out of the property market and that - even among property investors - there is some support to modify negative gearing.

The research - commissioned by Australian Institute of Superannuation Trustees (AIST) and conducted by Essential Media - found that 55 per cent of non-investors (in property) would support changes to negative gearing. Just over one third of property investors also supported changes to negative gearing, with support highest (45%) among those with children.

The survey also found that 95% of investors said security in retirement was an important factor in influencing their decision to purchase an investment property. Minimising the amount of tax they paid was another motivating factor for 74% of investors.

The survey - conducted from late February to early March 2018 and involving both in-depth family interviews and an online public poll\* - found the needs of investors' children play a role in property purchases but less so than retirement needs. Creating an asset that they could pass on to their children was important for 79% of property investors, while providing somewhere for children to live was important to 57% of investors.

The survey also revealed that many 'negative gearers' are expecting to carry large debts into retirement. About one third of those who negative gear a property also expecting to carry more than \$100,000 of debt into retirement, compared to 8 per cent of those without an investment property, and 11 per cent of those with a non-g geared investment property.

AIST CEO Eva Scheerlinck said the survey confirmed that housing affordability was a significant concern to most Australians, including those heading into retirement.

"The long-held assumption that the home is a safety net for retirees is becoming increasingly dubious as more older people are being forced

to rent or use their super to reduce their mortgage in retirement," Ms Scheerlinck said.

Ms Scheerlinck said it was time to re-examine the role of negative gearing and Capital Gains Tax concessions and for policymakers to consider proposals to modify these measures. Ms Scheerlinck said negative gearing had been shown to fuel house price rises, adding that the measure directed Government tax expenditure into unproductive assets.

"Unlike superannuation - where investments are spread across a diverse range of assets, including infrastructure and, increasingly affordable housing - the majority of tax expenditure on negative gearing flows into unproductive, existing housing."

Dr Rebecca Huntley, head of research at Essential Media, said fear of not having enough to retire on was driving property investment.

"The conversations in the qualitative stage with parents who negative gear show just how much they trust that their investment properties will support them in old age. And yet in order to invest they are moving into semi-retirement and retirement with debts. It's a risky strategy for some. As a result the children don't believe there will be much left down the track for the next generation to inherit," Ms Huntley said.

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# 2018 AGENT OF THE YEAR AWARDS

**RayWhite.**

## Darren Suhle of Ray White North Lakes | Mango Hill wins Agent of the Year for North Lakes in the RateMyAgent 2018 Agent of the Year Awards

Darren Suhle of Ray White North Lakes | Mango Hill has won the North Lakes Award of the Year in the RateMyAgent 2018 Agent of the Year Awards. The awards, which are the largest real estate awards in Australia, recognise those agents and agencies that have ranked the highest based on customer reviews & feedback.

I am very proud to have been named the 2018 Top Agent for North Lakes and proud of the team names Agency of the Year, for the 2<sup>nd</sup> year in a row. The team here at Ray White North Lakes | Mango Hill strive to deliver fantastic results & quality service to our clients with the backing of a brand that everyone knows & trusts. This award recognises the hard work of the team & the dedication we have to the local property market & community.

The RateMyAgent Agent of the Year Awards compare over 32,000 agents & agencies across the country. They highlight the leading real estate agents & agencies in each suburb, city & state across Australia, and on a national level.

"The RateMyAgent Agent of the Year Awards are the only awards which use verified customer reviews & feedback, so they're an honest gauge of the customer service an agent has provided," said RateMyAgent CEO & Co-Founder, Mark Armstrong. "These awards are the only industry awards to put sellers' needs first, using customer reviews as a leading indicator of an agent's success over 2017."

The awards, which are in their fourth year, are the only major customer choice awards for the real estate industry in Australia. Rather than being judged by industry peers, the awards are calculated based on the reviews that customer provide on the RateMyAgent website.

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# And then there were two...

Left to right: Josh Kindred, Steve McDade & Luke Howarth MP

Driving down Anzac Avenue, you may have spotted the bright green Kindred signage on the side of the highway proudly pinpointing the location where Kindred have opened their second office.

The North Lakes and Surrounds office, officially opened on the 8th March 2018, is the second office for the independent property group, which began servicing the Redcliffe Peninsula in 2008.

**“We are proud to have opened our North Lakes & Surrounds office and have a highly experienced team now working on the ground,” shares Josh Kindred, Principal of Kindred**

“This year marks the 10-year anniversary for Kindred, so it’s fair to say we have been making a real difference in the North Lakes region for years now.”

“It was a really natural progression for us to offer our services right on the North Lakes and surrounding suburbs’ doorstep.”

The office, located at 1721 Anzac Avenue Mango Hill, is now open to the public and is headed by long-time real estate professional Steve McDade.



At the opening of North Lakes & Surrounds

Josh says that his focus is now on continued growth for the community, which includes recruiting great people for projects across the region.

“Our vision and mission is to create the best home for real estate professionals to make a real difference.”

“We are now the largest independent agency in the region and support real estate professionals to reach their potential and positively influence the market and community.”

Josh also shares Kindred’s plans to continue expansion across the region, with the opening of additional offices in Deception Bay and the Sandgate area planned by June this year.

**“We want to continue to make a real difference in our region, and the way we can do this is to provide services from the community’s doorstep.”**

“We look forward to moving into the areas we have been servicing for the past 10 years to offer a more convenient location to our clients.”



New signage on Anzac Avenue

**Pop in and visit the new North Lakes & Surrounds office at 1721 Anzac Avenue Mango Hill to discuss your real estate needs, or head to [kindred.com.au](http://kindred.com.au) to find out more about how Kindred can make a real difference for you.**



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# GOVERNMENT POLICY CONTRIBUTES TO AFFORDABILITY PROBLEMS

The current housing affordability crisis is the product of two decades of policy neglect according to Housing Industry Association Managing Director Shane Goodwin

"It is the core issue that HIA has championed fixing, and is responsible for the affordability challenge facing Australian cities." Mr Goodwin said.

"For too long governments have chosen quick fix options to the very long term problem of housing affordability. Australia needs brave and bold policies that go to the heart of the affordability problem."

"We need to resume the discussion around tax especially where it cascades applies to land and housing and put an end to upfront taxes that are keeping so many first home buyers out of the market."

"We need to get serious about planning reform, these things are the keys to solving housing affordability which have largely been overlooked by State and Federal Governments."

"We need all tiers of government back at the table, driving these discussions and implementing change."

"HIA has said for a long time now that the

*"We need all tiers of government back at the table, driving these discussions and implementing change"*

problem of housing affordability in simple terms, comes down to supply and demand - more land needs to be freed up, and the punitive taxes like stamp duty that come with buying a home need to be done away with."

"State governments should take on policies like fixing planning rules to allow more homes to be built in inner and middle-ring suburbs of our largest cities, and continue to support the supply of new land around our cities to achieve the right balance of housing supply."

"It is pleasing that today's Grattan industry report mirrors HIA call for reform, but HIA

cautions against any changes to migration."

"The problem of housing affordability is one of supply and demand - houses will not get built if the population doesn't grow, and the main driver of population growth in Australia is migration."

"Migration issues aside, HIA is urging State and Federal Governments to get moving on reform, rather than sticking to the current politically safe and largely ineffective measures of dealing with housing affordability," Mr Goodwin concluded."





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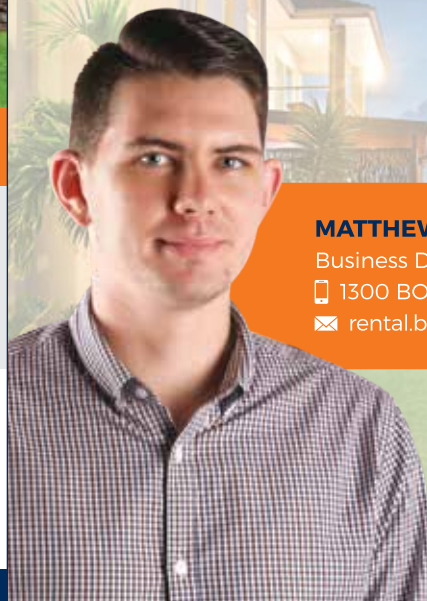
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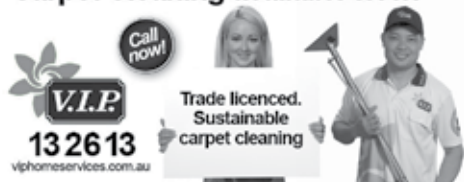
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